

CALGARY

metro®

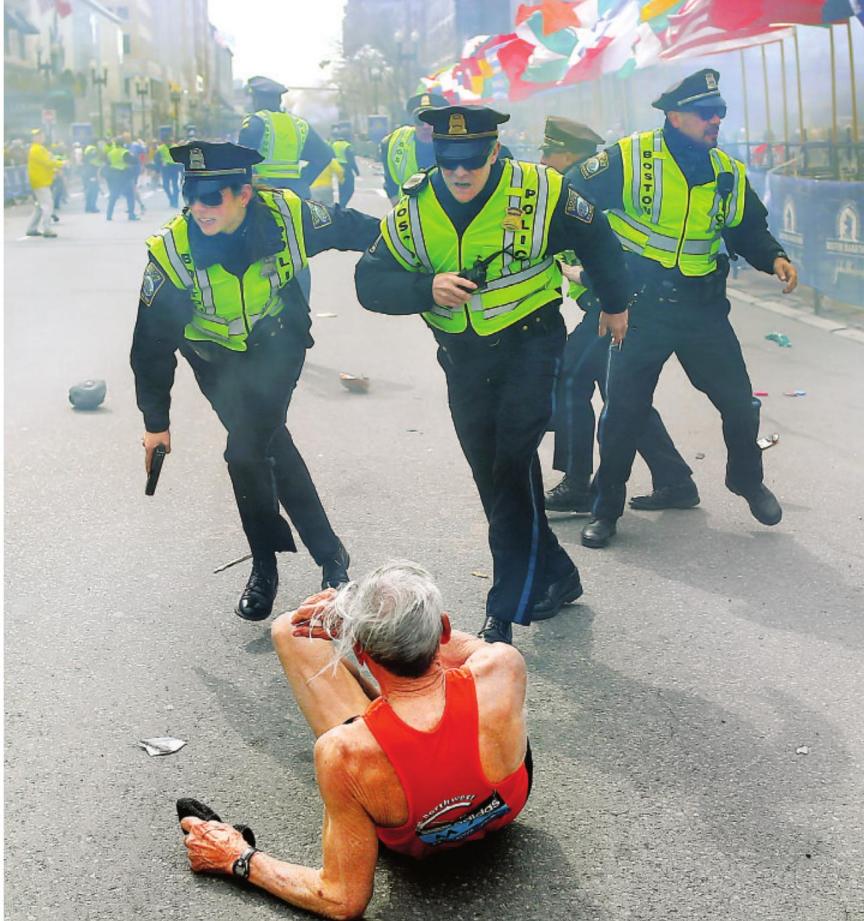
BECOME A LEGAL ADMINISTRATIVE ASSISTANT!

Rewarding. Challenging. Opportunity.

www.startyourcareer.ca

ROBERTSON COLLEGE

(403) 920.0070

Bro-mancing the webLena Dunham's Girls meets an N.Y.C. frat house in the new YouTube parody Bros
PAGE 15**SUPERHERO STRONG**A FITNESS EXPERT REVEALS HOW ROBERT DOWNEY JR. BUFFED UP FOR THE UPCOMING IRON MAN 3 **PAGE 18**Police officers draw their weapons on Monday after hearing a second explosion on Boylston Street in Boston during the 117th Boston Marathon. The first blast knocked down a runner near the finish line. More coverage on page 5 and online at metronews.ca. JOHN TLUACKI/THE BOSTON GLOBE VIA GETTY IMAGES

Come for the birdies.

Golf. Greenspace. Chaparral Valley.

STARTING FROM THE
\$390s**CARDEL HOMES**
CARDELHOMES.COM**Calgary runners in Boston recall the panic, horror****Marathon carnage.**
U.S. President Barack Obama vows justice after bombings at famous raceJEREMY NOLAINS
jeremy.nolais@metronews.ca

In a matter of seconds, Jenna Steen went from beaming with pride after having completed her first Boston Marathon to gasping in horror.

The 29-year-old human resources worker from Calgary had gathered her belongings after the race and was waiting for her partner about two blocks from the finish line.

That's where two bombs

went off near a crowd of spectators. As of press time, at least three people had been confirmed dead, including a young boy, and dozens more were injured.

"It sounded almost like a building falling and then people were just running everywhere," Steen recalled. "It's surreal ... I ran across the finish line and that was the big goal I had for the day. You train and train for that and now all this — it's just horrible."

Steen was one of nearly 200 Albertans taking part in the 117th running of Boston's storied marathon.

Fallout from the blasts appeared to jam up cellphone communications and sent many into a mass panic.

Runner Jeremy Deere, who co-owns Calgary's Strides Running Store, spent

much of the afternoon in Boston Monday attempting to track down fellow local racers caught up in the chaos.

One of Deere's friends and his wife, both from Calgary, were staying in a hotel near the blast site that had been evacuated by the military.

"Most of our guys were finished," he said, adding the explosion occurred about four hours and 10 minutes after the starting gun fired.

There were no reports of Albertans being harmed in the bombings at press time. Some, including Spruce Grove native Morrie Ripley, had yet to cross the finish line. He was at Mile 19 when ambulances went flying up the racecourse.

WITH FILES FROM ROBSON FLETCHER

PANDORA®
UNFORGETTABLE MOMENTS

Mother's Day Bracelet Gift Set
Available Starting April 15*

*See our store for details.

Experience at...
PANDORA™ STOREMarket Mall
Chinook Centre
Southcentre Mall



Calgary Board of Education Chief Supt. Naomi Johnson, seen in this photo from 2011, did not go into detail on how many administrative positions could be cut this year, stating it was inappropriate for those staff losing their jobs to find out through the media. METRO FILE

Public school board staff layoffs coming

Repeat of 2011? Board of education says it will try to limit impact on students, but union predicts 175 fewer teachers in 2013-14



JEREMY NOLAINS

jeremy.nolais@metronews.ca

Calgary's public school board is facing virtually the same \$62-million budget shortfall it did two years ago, when it eliminated more than 170 teaching positions.

But Calgary Board of Education executives made it clear Monday they will lay off administrators, streamline operations, spend all unrestricted reserve funds and cut trustee

budgets, among other items, to narrow the gap as much as possible.

Still, Chief Supt. Naomi Johnson acknowledged that classroom funding will not keep up with rising costs and the board is working with essentially the same funding for the 2013-14 school year despite forecasts of a 3,000-student jump in enrolment.

"We have looked everywhere to reduce the impact of the provincial budget on students in classrooms.... The cuts in administration will affect central services and supports," Johnson said in speaking notes made public Monday that will be offered to CBE trustees during a meeting Tuesday afternoon. "We will have layoffs."

The cuts come in the wake of a drawback from the provincial government on initially promised two per cent increases

for student base grants. The CBE also says it will work to maintain funding for English Language Learners despite a reduction of provincial money for that program, and continue offering 17 full-day kindergarten programs that Premier Alison Redford once pledged government dollars for.

But Frank Bruseker, president of the Alberta Teachers' Association local, questioned whether the board really had cut non-classroom areas enough. He has his own predictions on positions reductions — namely, 175 fewer teachers.

"It means large class sizes, less individualized attention for students and for students that have learning concerns, they're going to find it more difficult to have their needs addressed," Bruseker said Monday afternoon.

CBE spokesperson Richard

Tentative budget

The CCSD is still preparing its tentative budget for the 2013-14 school year. Feedback from students, parents and staff outlined in a report going before trustees Wednesday indicates support for cutting overhead costs at the central office and reducing consultant staff.

Peter also acknowledged that using all reserve funds this year will prevent the organization from having a "head start" to narrow another anticipated funding gap for the 2014-15 school year.

"You cannot feed the world out of a flowerpot.... We have not saved anything for rainy days beyond the next school year," Peter said.

Budget woes. Parent group fears future increases to school fees

Calgary's public school board will clean out its transportation funding reserve in a bid to keep bussing fees steady for parents next year.

As well, the Calgary Board of Education anticipates only "nominal" changes to the phased increase for noon-hour supervision fees, which are set to double to \$160 for students enrolled in school five days a week in 2013-14 and rise again to \$230 for the 2014-15 school year.

The board did bank \$2.8 million in unused revenue from parents last year that will be used to offset funds lost through the cancellation of a transportation-fuel contingency program. That program, as well as pledged increases of two per cent for student base grants, was among the sacrifices in a belt-tightening budget handed down by the province last month.

Chief Supt. Naomi Johnson's speaking notes for Tuesday's trustee meeting, which were made public on Monday, say, "Any additional funding to keep transportation fees flat will come from the global budget" for 2013-14.

But Jeff Bowes, president of the Calgary Association of Parents and School Councils, is quick to point out that reserve funds likely won't be available come fee-setting time next spring.

He said he fears decisions being faced in future years on whether to put money towards putting teachers in classrooms or keeping costs down for parents.

"Really, that's a lose-lose situation," Bowes said.

CBE parents currently pay \$295 for their kids to ride the yellow school bus with the exception of kindergarteners, who are charged \$215.

JEREMY NOLAINS/METRO

Deal. Doctors, province agree to tentative wage freeze for 3 years



Premier Alison Redford, Health Minister Fred Horne, centre, and Alberta Medical Association president Dr. Michael Giuffre. THE CANADIAN PRESS

Alberta doctors won't get a pay increase for three years but will have more input on fees and health care under a tentative deal announced Monday.

The proposed seven-year agreement is retroactive to April 2011, when the last contract expired, so the first two years of the pay freeze are over.

"Yes, there will be some

pain," said Dr. Michael Giuffre, president of the Alberta Medical Association. "(But) the ability to have a say in health care all the way through will make (doctors) happy to sign it."

Giuffre commented at a Calgary clinic where Premier Alison Redford and Health Minister Fred Horne announced the memorandum of understand-

ing. Both sides have one week to craft a final agreement that would extend to 2018 and will have to be approved by doctors and the government.

The proposal includes a 2.5 per cent increase in each of the two middle years and cost of living increases in the final two.

THE CANADIAN PRESS

17 Avenue S.W. to remain closed Tuesday



That's one big hole on 17 Avenue.

ROBSON FLETCHER/METRO

City officials thanked Calgarians on Monday for avoiding a busy southwest intersection and asked commuters to do the same on Tuesday, as repairs to underground pipes continue.

"Major delays are expected," said Lee Dupras of Water Services, who advised motorists to continue taking alternative routes while the work goes on.

He said a "cavern" was initially discovered on Thurs-

day beneath 17 Avenue S.W. When city crews excavated on Saturday, they discovered extensive damage to water, sewer and storm-sewer lines.

A section of 17 Avenue was closed on Sunday, near the intersection of 14 Street, with just one lane of traffic open at points to allow rush-hour traffic through.

The traffic shutdown will remain in effect on Tuesday, and Water Services expects to finish the repairs sometime in

the afternoon.

The hole will then be filled and new asphalt laid, which Dupras said takes about six hours to cool.

The cast-iron water main was installed in 1910 and the clay-tile sewer pipe was laid in 1912, Dupras added, and both were simply at the end of their life spans.

Only about two per cent of Calgary's underground piping is more than 100 years old, he said. ROBSON FLETCHER/METRO

Oops! Tourism ad features (illegal) slacklining

Old rules, new pastime.
Local slackliners hope positive reaction to video will lead to bylaw change

 ROBSON FLETCHER
robson.fletcher@metronews.ca

Within the first seven seconds, the popular new video promoting Calgary tourism features an activity that is in fact against the law in the city: slacklining.

Since the Right Here — Calgary destination video was released last week, it has received more than 86,000 views on YouTube and widespread praise for showcasing the city as a vibrant place full of things to do, particularly outdoors.

But Calgary Economic Development, which helped produce the video, had no idea one of the first activities featured is in violation of a city bylaw aimed at protecting trees.

"I just learned about it

Slackliners unite

- Eric Klaszus says he and other slackliners use padding when slinging lines between trees and it causes no permanent damage, even to trees that are regularly used.
- Many slackliners prefer doing it in the open because it's a social activity. "It really opens people up," Klaszus says. "People ask if they can try it out and have some fun."



The beginning of the video Right Here — Calgary shows a man slacklining in what appears to be a public park, which is against a city bylaw.

YOUTUBE SCREEN SHOT

over the weekend," said Mary Moran, vice-president of marketing, tourism and research.

The video shows a man, apparently in a public park, walking across a slackline strung between two trees.

That's against the law, according to Damian Cole of Animal and Bylaw Services.

"If it's a public tree, then the tree-protection bylaw does prohibit the attachment of any object to the tree," Cole said.

Eric Klaszus said he slacklined regularly when he lived

in Edmonton and learned only last spring of the Calgary bylaw, when officers gave him and a friend a warning at

Prince's Island Park.

"They were very civil about it but we could not believe that it was illegal," he said.

2007 trip to the clinic while executive vice-president and chief operating officer of the former Capital Health Authority.

The Opposition Wildrose received copies of the expense claims under a Freedom of Information request and released them on Monday.

The documents include Lahey's \$6,230 bill from Mayo, but it does not specify whether the cost was for medical treatment. Other trip expenses included meals and lodging.

THE CANADIAN PRESS

Aset Magomadova case

Defence wants stay of charges for woman who strangled daughter

A Calgary woman facing a retrial for strangling her teenage daughter has incurable cancer, a doctor says.

Dr. Jill Nation says Aset Magomadova, 43, was diagnosed with cervical cancer a year ago.

Nation says the cancer has spread to the woman's lower abdomen and her five-year

survival rate is less than one per cent.

The defence is asking the charges be stayed, saying Magomadova is too ill to go to trial. She was lying on a gurney in the courtroom as her lawyer made his arguments.

She is facing a retrial on a charge of second-degree murder for strangling her 14-year-old daughter with a scarf at their northeast Calgary home in February 2007.

At her first trial, she admitted to the crime and was found guilty of manslaughter.

THE CANADIAN PRESS

Questionable expenses

Exec's Mayo Clinic bill may not be personal: Lukaszuk

There's no clear proof that a former health executive billed taxpayers for medical treatment at the Mayo Clinic in Minnesota, the province says.

But Deputy Premier Thomas Lukaszuk said if it's true, it will be "dealt with."

Michele Lahey claimed and was reimbursed for \$7,225 in expenses for a

WestJet's inventory clear-out.

72-hour sale. Book now.

Save on flights and vacation packages to a variety of amazing destinations for spring travel. Plus, don't miss clear-out pricing on select non-stop flights.

Book by:

April 18, 2013*

Travel until:

June 26, 2013

How to get this deal: For Canadian and U.S. destinations, travel on Mondays, Tuesdays and Wednesdays. For Mexico and Caribbean destinations, travel on any day of the week where WestJet offers scheduled service.

Remember, WestJet Rewards members earn WestJet dollars® on sale fares, too.†

Book your flights or vacation package at westjet.com.

WESTJET

*Seasonal start and end dates apply and are indicated in the booking flow. Book by April 18, 2013 (11:59 p.m. MT) for travel until June 26, 2013. For Canadian and U.S. destinations, travel on Mondays, Tuesdays and Wednesdays. For Mexico and Caribbean destinations, travel on any day of the week where WestJet offers scheduled service. Fares and package prices on other days may be higher. Flights may not operate on certain days. Seat sale fares are discounted from WestJet's lowest regular fare, apply only to flights marketed and operated wholly by WestJet, and are not applicable when travelling with our codeshare, interline or other airline partners. Sale vacation packages are discounted by a reduction in the price of the air component of the package. For flights, fuel surcharge between \$22-\$45 per direction still applies to Air Miles™ redemption bookings. For vacation packages, fuel surcharge between \$44-\$90 round-trip still applies to Air Miles™ redemption bookings. Advance purchase required. Seats at these fares are limited and may not be available on all flights. Offer limited and subject to availability. New bookings only. Non-refundable. Other restrictions may apply. See westjet.com for full seat sale details. †WestJet dollars are awarded on all published fares for WestJet marketed flights and WestJet Vacations packages, excluding taxes, fees and surcharges. For more details, visit westjet.com/rewards. ©Registered trademark of WestJet Airlines Ltd. WestJet dollars is a registered trademark of WestJet Airlines Ltd.



CONGRATULATIONS TO THE STUDENT AND DEAN'S AWARDS RECIPIENTS

2013 SCHOOL OF MANUFACTURING AND AUTOMATION SHOWCASE

DEAN'S AWARDS

Machinist
Bryce Balon

Millwright
Jason Dowler
Bruce Hagen
Jerod McMurray
Byron Paegel

Non-Destructive Testing Foundations
Nicholas Hadikin
Brent Laliberte
Andrew McGeaen

Welder
Josh Brewster
Brian Hunt
Michael Mooring
Mathew Romeike
Heath Stern

STUDENT AWARDS

Programs: Mechanical Design Technology, Automated Systems Engineering Technology, Mechanical Engineering Technology, Welding Engineering Technology, Machinist Technician and Non-Destructive Testing Foundations

Abdel-Rahman Bassyouni
Darren Fry

Alex Ross Memorial
Darren Fry

Calgary Horseshoe Club
Zdravko Georgiev
Courtney Friesen

DC Fleming/SAIT's Alive
Erik Anderson

Mark Gutwald Memorial
Shaun Harland

Operations Management Student Society and Alumni Bursary
Damon Larkin

W.A. Kermack Memorial
Richard Althouse
David Bouchard

Computer Integrated Design
Rowan Moul

ATCO Gas
Randall Thompson

Evans Consoles
Micah Helland

George Klassen Memorial
Daniel Ross

International Pressure Equipment Integrity Association
Mustapha Midani

Molson Companies
Curtis Berreth

National Association of Corrosion Engineers
Robert Hawkes

Precision Drilling Corporation
Casey Thompson

Standen's Limited
Steve Delorme

Waldemar Klemens Memorial
Bruce Stephen

Buffalo Inspection Services
Andrew McGeaen

NDT@SAIT Foundations Award
Chandra Lair
Stephen Orr

Spectrum NDT Ltd.
Andrew McGeaen

Alliance Pipeline Scholarship Endowment
Tyler Morgan

Canadian Welding Society
Leland Herrmann

International Pressure Equipment Integrity Association
Takmin Oh

M.W. Cozart - Praxair Canada Inc
Alexander Legge

National Association of Corrosion Engineers
Eric Wheeler

RAE Engineering Achievement
Daniel Whyte

Welding Engineering Technology - 30th Anniversary Reunion

Garrett Borrow
Julio Camacho
Taylor English

Pranav Ganji
Kent Gigliuk
Cameron Harris

Leland Herrmann
Alexander Legge

Tyler Morgan
Bryce Motley
Takmin Oh

Donavon Pfeifer
Satvir Singh

Kevin Taylor
Corey Tyrell
Eric Wheeler

Daniel Whyte

**FURTHER
YOUR
PASSION**



THANK YOU TO ALL THE PARTNERS THAT HAVE CONTRIBUTED TO ENHANCE THE LEARNER EXPERIENCE.



Manager Paul Stickney says business at the Globe Cinema, a downtown art house, is picking up. JEREMY NOLAIS/METRO

Independence paying off for Globe: Manager

Partnerships. Art-house theatre bringing new festivals, doing its own booking



JEREMY NOLAIS

jeremy.nolaus@metronews.ca

Still going

Globe Cinema has been showing flicks at 617 8th Ave. S.W. since 1995. Before that, Towne Cinema operated at the same site dating all the way back to 1965.

Globe Cinema is a tad more alone in the world these days, but that's not necessarily a bad thing.

Last fall, some film buffs had written the downtown art house off for dead.

A lease held by parent company Landmark Cinemas ended in November and staff members offering popcorn and tickets for indie flicks had been told the curtains would

likely be closing for good.

But then operators Riley's Reproductions & Printing, located next to the twin theatre on 8th Avenue S.W., came to the rescue and manager Paul Stickney said things are picking up.

"We still have some people that think we're closed or we're going to close, so we're dispelling that," he said.

"The future looks bright —

I'm certainly excited about it."

Stickney refrained from getting into the nitty-gritty on finances at the Globe, but did say there's been a notable upswing in ticket sales. One advantage now is he's been tasked with booking movies and no longer has to fulfil screening commitments from Landmark. Even things like the concession offerings are being personalized now.

The Globe will also continue hosting the Calgary Underground Film Festival, which officially kicked off Monday, and the Calgary International Film Festival. The theatre has also partnered with organizers from the \$100 Film Festival and is working on an agreement to show films during the Sled Island festival as well.

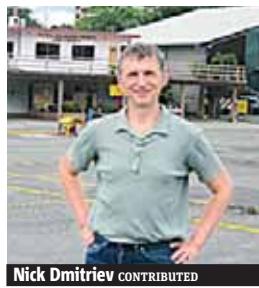
One of two dead. Calgary scientist killed in plane crash in South America

Nick Dmitriev, a Calgary father and scientist, was one of two people killed in a plane crash in Guyana on Saturday, his employer said Monday.

"It's been an enormous tragedy," said Morgan Steeves, president of Calgary-based DigitalWorld Mapping Inc.

Steeves said Dmitriev was flying as part of a "data-acquisition mission" in the South American country.

Authorities told local news agencies a Piper Aztec twin-engine aircraft encountered engine trouble shortly after taking off, and later crashed in the village of Sparrendam, roughly eight kilo-



Nick Dmitriev CONTRIBUTED

metres east of Georgetown, Guyana's capital.

The plane's American pilot, Pierre Angiel, was also killed. Dmitriev was born in Russia and studied electrical engineer-

ing in Moscow before moving to Canada in 1990, according to DigitalWorld Mapping.

Steeves said Dmitriev's co-

workers have been struggling with the news of his death, and their thoughts have been with his wife and two adult daughters, who all live in Calgary.

"Over the past nine years we've been in business here in Calgary, I would say we've developed a pretty close-knit family of people," Steeves said. "We're just trying to regroup and make sure, most importantly, that Nick and his family are looked after in the most appropriate fashion."

ROBSON FLETCHER/METRO

Blood on the street

Boston Marathon bombing. White House treating carnage as an act of terror, official says

Two bombs exploded in the packed streets near the finish line of the Boston Marathon on Monday, killing at least three people and injuring more than 140 in a terrify-

ing scene of shattered glass, bloodstained pavement and severed limbs at the world's most prestigious marathon, authorities said.

An eight-year-old boy was among the dead, according to a person who talked to a friend of the family and spoke on condition of anonymity.

A senior U.S. intelligence official said two other bombs were found near the end of the course in what appeared

to be a co-ordinated attack.

There was no word Monday night on the motive or who may have carried out the attack, and police said they had no suspects in custody.

WBZ-TV reported that officers were searching an apartment in the Boston suburb of Revere. Police confirmed that a search warrant related to the explosions was served there.

The fiery twin blasts took

place almost simultaneously and about 100 metres apart.

"They just started bringing people in with no limbs," said runner Tim Davey of Richmond, Va. He said he and his wife tried to keep their children's eyes shielded from the gore inside a medical tent, but "they saw a lot."

Of the dozens wounded, hospitals reported at least 17 were critically injured.

THE ASSOCIATED PRESS



Emergency workers on site for the marathon scramble to help the injured.

DAVID L. RYAN/THE BOSTON GLOBE/THE ASSOCIATED PRESS

An award-winning experience that's only a click away.

Real-time Online Appointment Booking. Only from BMO®.

BMO is proud to receive a 2013 Celent Model Bank Impact Award recognizing the innovation and success of our real-time Online Appointment Booking service.

It makes it fast and easy to book an in-branch appointment online or from your smartphone, 24 hours a day, 7 days a week. Just choose the date, time and branch location that's convenient for you.

It's just another example of how BMO is making banking a better experience.

Check it out at bmo.com/appointment



/BMOcommunity

@BMO

BMO Bank of Montreal

Making money make sense®

®Registered trade-marks of Bank of Montreal.



Spectators and runners flee the explosions. WBZTV/THE ASSOCIATED PRESS

President reacts

Obama vows justice

U.S. President Barack Obama said the country does not know "who did this or why" but vowed that whoever is responsible "will feel the full weight of justice."

He added: "We will find out who did this and ... hold them accountable."

THE ASSOCIATED PRESS

Total runners

23K

Some 23,000 runners, including more than 2,000 Canadians, took part in the race. THE ASSOCIATED PRESS

Morbid mischief

52K

A fake Boston Marathon Twitter account promised to donate \$1 to the victims for every retweet. The account was retweeted 52,173 times before being suspended. METRO WORLD NEWS IN BOSTON

The wounded

Hospitals in panic mode

Dr. Alasdair Conn said Massachusetts General Hospital was treating 22 patients Monday night. Six were in surgery for critical injuries. At least four victims had "traumatic amputations."

The hospital enacted its disaster plan, calling in all available staff and cancelling all elective surgeries.

Boston Medical Centre re-

ceived 20 patients, including two children. Brigham and Women's Hospital reportedly had 26 patients, including a three-year-old. JILL GADSBY/METRO WORLD NEWS IN BOSTON

Learn more

For up-to-the-minute news on the marathon bombing, go to metronews.ca



East Jerusalem meeting. Palestinians protest Baird's 'deplorable step'

Palestinian anger over Foreign Affairs Minister John Baird's controversial meeting with an Israeli cabinet minister in East Jerusalem mounted Sunday with the Palestinian Authority making a formal protest to the Canadian envoy.

Baird met last Tuesday with Justice Minister Tzipi Livni, who is also Israel's chief negotiator with the Palestinians, in the disputed territory, which the Palestinians and the United Nations consider occupied land.

The Palestinian Foreign

Ministry said it summoned Katherine Verrier-Frechette on Sunday "to express its strong dissatisfaction" over the meeting.

The Palestinian official in charge of American affairs, Hosni Abdul Wahid, called Baird's meeting "a deplorable step."

Baird has defended his action, saying where he has coffee with someone is "irrelevant" to the larger discussion of Middle East peace and does not signal a shift in Canadian foreign policy. **THE CANADIAN PRESS**

Syria

U.K. urges chemical weapons probe

The U.K. is increasingly concerned there is evidence that chemical weapons have been used in Syria, Britain's foreign secretary said Monday.

William Hague said such allegations must be ur-

gently investigated, telling British lawmakers that he is urging President Bashar Assad's Syrian regime to co-operate fully and allow UN investigators unfettered access to all areas.

The United Nations says more than 70,000 people have been killed in Syria's two-year civil war and over one million have fled the country. **THE ASSOCIATED PRESS**

Philippines. 10,000 kg of protected scaly anteater seized aboard boat that hit coral reef

A Chinese vessel that ran into a protected coral reef in the southwestern Philippines held evidence of even more environmental destruction inside: more than 10,000 kilograms of meat from a protected species, the pangolin or scaly anteater.

The steel-hulled vessel hit an atoll on April 8 at the Tubbataha National Marine Park, a UNESCO-designated World Heritage Site on Palawan island. Coast guard spokesman Lt. Cmdr. Armand Balilo said Monday that 400 boxes, each containing 25 to 30 kilograms of frozen pangolins, were discovered during a second inspection of the boat Saturday.

The World Wide Fund for

Nature Philippines said the Chinese vessel F/N Min Long Yu could have been carrying up to 2,000 of the toothless, insect-eating animals, with their scales already removed.

"It is bad enough that the Chinese have illegally entered our seas, navigated without boat papers and crashed recklessly into a national marine park and World Heritage Site," said WWF-Philippines chief executive officer Jose Ma. Lorenzo Tan. "It is simply deplorable that they appear to be posing as fishermen to trade in illegal wildlife."

The boat's 12 Chinese crewmen are being detained on charges of poaching and attempted bribery while more charges are pending.

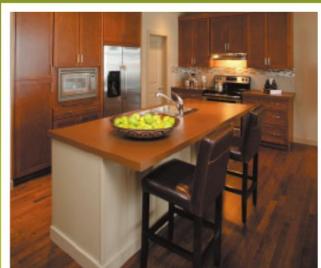
The meat and scales of the pangolin fetch hundreds of dollars per kilogram in China, where many believe they cure various ailments.

THE ASSOCIATED PRESS



An officer of the Philippines Coast Guard displays just one of the pangolins seized aboard a Chinese fishing vessel. **THE ASSOCIATED PRESS**

Come for the birdies.



From golf to greenspace, see why families are flocking to Chaparral Valley.

- Beautiful river valley location
- Blue Devil Golf Course at your doorstep
- Neighbourhood walking and bike paths to Fish Creek Park and Sikome Lake
- Great lot selection including west-facing backyards and incredible golf course locations

Live in a golf community

Double front garage homes

STARTING FROM THE
\$390s*

VISIT OUR SALES CENTRE
69 Chaparral Valley Square SE

* Prices subject to change without notice. E&OE.



Built for real life.
CARDELHOMES.COM

Call Paul Schneider at 403.201.5754

Sales Centre Hours: Mon – Thu: 2 pm – 8 pm
Sat, Sun + Holidays: 12 pm – 5 pm
Closed Fridays

CARDEL
HOMES



SUBARU
Confidence in Motion

ALSO SUITABLE FOR PAVED ROADS.

The all-new 2014 Subaru Forester puts the sport back in SUV. With a roomier interior, more cargo space and a new power rear gate[†], you'll be ready for any journey. Combine all that with Subaru's legendary symmetrical full-time AWD and X-MODE[™], a newly developed system that offers added control, and even the most brutal road conditions will feel welcoming.

POWER REAR GATE[†]



ALL-NEW X-MODE[™]



MORE CARGO SPACE



2014 FORESTER

WELL EQUIPPED FROM **\$28,160***

SYMMETRICAL AWD



**2013
IIHS
TOP
SAFETY
PICK**



Enter your family for the chance to win* an all-new 2014 Subaru Forester.
Visit familyrally.ca to qualify today.

*Contest entry begins on April 8, 2013 at 12:00:01 a.m. ET and ends on June 9, 2013 at 11:59:59 p.m. ET. No purchase necessary. Visit familyrally.ca for complete contest details. Power rear gate is available on 2.5i Touring, 2.5i Limited and 2.5iX Limited models only. X-MODE[™] is equipped in CVT models only. *Ratings of "Good" are the highest rating awarded for performance in four safety tests (moderate overlap front, side, side-ender and rear) conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). To earn a 2013 IIHS TOP SAFETY PICK, a vehicle must receive a "Good" rating in all four of these tests. *Fuel consumption figure rating posted by Natural Resources Canada of 6.7 L/100 km (highway) for a 2014 Subaru Forester 2.5i equipped with continuously variable automatic transmission and a 60 L fuel tank capacity. Fuel consumption figure should only be used for vehicle comparison purposes. Actual fuel consumption will vary based on driving conditions, driver habits and vehicle load. *MSRP of \$25,995 on 2014 Forester 2.5i (E210). Advertised pricing of \$28,160 covers MSRP plus freight & PDI (\$1,650) documentation fees (\$395) and air and tire levies (\$120). Your local Subaru dealer may, where applicable, charge for pre-installed block heaters. Block heater charges may vary by dealer, and additional parts and labour costs are extra. Taxes, license, registration and insurance are extra. \$30 security deposit. Model shown is 2014 Forester 2.5iX Limited Package (E22 XLI) with an MSRP of \$25,495. Dealers may sell for less or may have to order or trade. Offer applicable on approved credit at participating dealers only. Vehicle shown solely for purposes of illustration, and may not be equipped exactly as shown. See your local Subaru dealer for complete program details.

Ashley Smith

Choking herself made teen 'feel good,' inquest told

In her testimony at an inquest into Ashley Smith's prison death, psychologist Cindy Presse told jurors that Smith became highly addicted to choking herself.

"She was quick to say, 'It's not sexual, Cindy,'" Presse testified. "She said it just

made her feel good."

Presse also told jurors that at a meeting in late February 2007, a visiting Coralee Smith, Ashley Smith's adoptive mother, made it clear she would not talk about her adoptive daughter's parentage.

She said that staff at the Regional Psychiatric Centre in Saskatoon believed it vital for Smith to have the family issue in the open, but Smith refused.

THE CANADIAN PRESS

Bullying suicide

N.S. to launch review of Rehtaeh Parsons case

The Nova Scotia government will launch an independent review of the RCMP's original investigation into the Rehtaeh Parsons case, Premier Darrell Dexter said Monday following a week of public pressure and international attention on the teen's death.

But Dexter said the review won't proceed until the Mounties conclude their current criminal investigation into the alleged sexual assault of the 17-year-old girl.

"While there is an ongoing investigation, one has to be cognizant of the fact that there are certain legal requirements that have to be observed," said Dexter.

"The important thing is that it will be comprehensive and it will be fully independent." THE CANADIAN PRESS



Justin Trudeau makes his way to question period in Ottawa on Monday. New Conservative attack ads show the newly elected Liberal leader taking his clothes off at a charity event. ADRIAN WYLD/THE CANADIAN PRESS

MOVE UP. MOVE NORTH. DESTINATION REDSTONE.

22 SHOWHOMES

 **FROM MID \$200s** KINTALLA TOWNHOMES 

 **FROM LOW \$300s** SIDE BY SIDE DUPLEX HOMES 

 **FROM MID \$300s** DETACHED GARAGE HOMES 

 **FROM LOW \$400s** ATTACHED GARAGE HOMES 

 **PARTICIPARK AIRPORT SHOPPING** 

 **MAPS • SHOWHOMES • AND MORE** **VISIT REDSTONECOMMUNITY.CA** 

QUALICO[®]
communities
DREAM. DISCOVER. DEVELOP.

CREATING GREAT PLACES TO LIVE
DISCOVER ALL OUR COMMUNITIES ONLINE AT
QUALICOCOMMUNITIES.COM



REDSTONE

REDSTONECOMMUNITY.CA

Tory attack ads 'expose' Trudeau

'In over his head.'

Political experts claim Conservative campaign featuring revealing footage is misleading

Day 1 for new Liberal leader Justin Trudeau featured three questions to the Prime Minister, two controversial Conservative attack videos and a 25-minute encounter with a huge swarm of Parliament Hill reporters.

Though Prime Minister Stephen Harper and many of his cabinet ministers extended congratulations to the new Liberal leader, the Conservative party welcomed him with two mocking attacks on YouTube, accompanied by an anti-Trudeau website and a Facebook page, as well.

Trudeau shrugged off the attacks as predictable, but the Canadian Liver Foundation issued a condemnation, since the Conservatives used footage from a Trudeau appearance at one of the charity's events in 2011.

In that ad, aired Monday morning, the Conservatives took aim at Trudeau's experience, suggesting the 41-year-old was in "over his head." Trudeau is shown removing his shirt at the fundraiser in 2011, where he raised nearly \$2,000 for the foundation.

Another video talks up Harper's economic record

Smoke and mirrors?

Jonathan Rose, a political-science professor at Queen's University, flagged quotes about Quebec, which were taken from an interview Trudeau gave to CTV in 1999.

"Quebecers are better than the rest of Canada, because, you know, we're Quebecers or whatever," a young Trudeau is shown as saying. The narrator describes the comment as a display of poor judgment.

The full CTV segment, a link to which quickly circulated online Monday, suggests Trudeau was actually talking about his father.

THE CANADIAN PRESS

while poking fun at Trudeau's past jobs as a camp counsellor, rafting instructor and drama teacher, adding, "and now he thinks he can run Canada's economy."

"What I've heard from Canadians across this country," Trudeau told reporters at a post-question-period scrum, "about people being tired of negativity, of bullying, of cynicism, means that the Conservatives are going to discover that the one thing they know how to do really well is no longer working for them."

TORSTAR NEWS SERVICE

UNICEF says 165M children are stunted

Report. 24 countries with the highest levels of malnourished kids are in sub-Saharan Africa and South Asia

The United Nations Children's Fund says more than a quarter of children under the age of five worldwide are

permanently "stunted" from malnutrition, leaving them physically and intellectually weak and representing a scandalous waste of human potential.

Anthony Lake, executive director of UNICEF, said organized provision of vitamins and clean water and a focus from birth on breastfeeding could have helped these 165 million children achieve nor-

mal brain and body development. But their lack of proper nutrition means they will suffer increased vulnerability to illness and early death.

"Stunted" doesn't mean simply short," Lake said. "The child's brain never properly develops. Irrevocably. That's it. You can't fix it later."

The UN report found that 24 countries with the highest levels of stunted children

were concentrated in sub-Saharan Africa and South Asia. More than half of those under age five in Timor-Leste, Burundi, Niger and Madagascar suffered from stunting.

Lake said the problem of stunted child development was growing in Syria because of its civil war and widespread disruption to medical care, schools and family life.

THE ASSOCIATED PRESS



Indian children rest at a malnutrition rehabilitation centre run by a non-governmental organization in Mumbai, Monday. THE ASSOCIATED PRESS

UN. Rwanda keeps ICC out of African affairs

Rwanda won a behind-the-scenes battle Monday to keep the UN Security Council from recommending any role for the International Criminal Court in solving conflicts, violence and human rights abuse in Africa.

Council statements must be adopted unanimously, and Rwanda blocked consensus.

Rwanda is angry that the ICC has indicted Bosco Ntaganda and Laurent Nkunda, M23 rebels in eastern Congo, who are reported to be backed by Rwandan President Paul Kagame.

Analysts have speculated that Kagame may not want to see Ntaganda testify because of his knowledge of military deals and illicit mineral extractions between Congo and Rwanda.

Rwanda presides over the Security Council this month, and Rwandan Foreign Minister Louise Mushikiwabo came to New York to steer the debate. She told reporters after the debate that the ICC is "a court that is not practicing



Rwandan-born warlord Bosco Ntaganda. POOL/THE ASSOCIATED PRESS

justice, but more politics. We believe that the time for Africa to be subjected to a wagging finger, punishing finger from the West, is over."

A United Nations panel of experts last year said that both Rwanda and Uganda commanded and supported Congo's M23 rebels.

ICC investigation of the links could lead to charges against Kagame himself.

THE ASSOCIATED PRESS

Guantanamo Bay

Judge denies detainee's bid for relief

A U.S. judge Monday denied an emergency motion for relief filed by Yemeni prisoner Musaab al-Madhawi, a Guantanamo Bay prisoner on a hunger strike, despite pleas from the man's lawyer who says his client is dying.

The prisoner and others in the hunger strike originally claimed that they were being denied drinking water and that temperatures in the prison had been kept at "extremely frigid" levels — which the government denied. THE ASSOCIATED PRESS

Mexico

Language puts new spin on drug war

The Mexican government is trying to put a new linguistic spin on the country's drug war, in part by discouraging the use of terms such as "drug war."

Government spokespeople have been told they should now avoid using terms used by criminals to describe kidnappings and killings.

The administration of President Enrique Pena Nieto has pledged to reduce violence, but critics say so far that has implied simply talking about it less. THE ASSOCIATED PRESS

Easier banking. Lower fees.

A woman with blonde hair, wearing a white button-down shirt and dark jeans, is sitting cross-legged on a light-colored sofa. She is smiling and looking at a silver tablet device she is holding in her hands. The background is a bright, modern living room.

That's the genius of the CIBC Everyday® Banking Bundle

Chequing, savings, overdraft protection and your choice of credit card: all the everyday banking you need, all in one place. Bundling your accounts together just makes sense. It makes banking easier. And it saves you money on fees.

Find out which banking bundle is right for you.

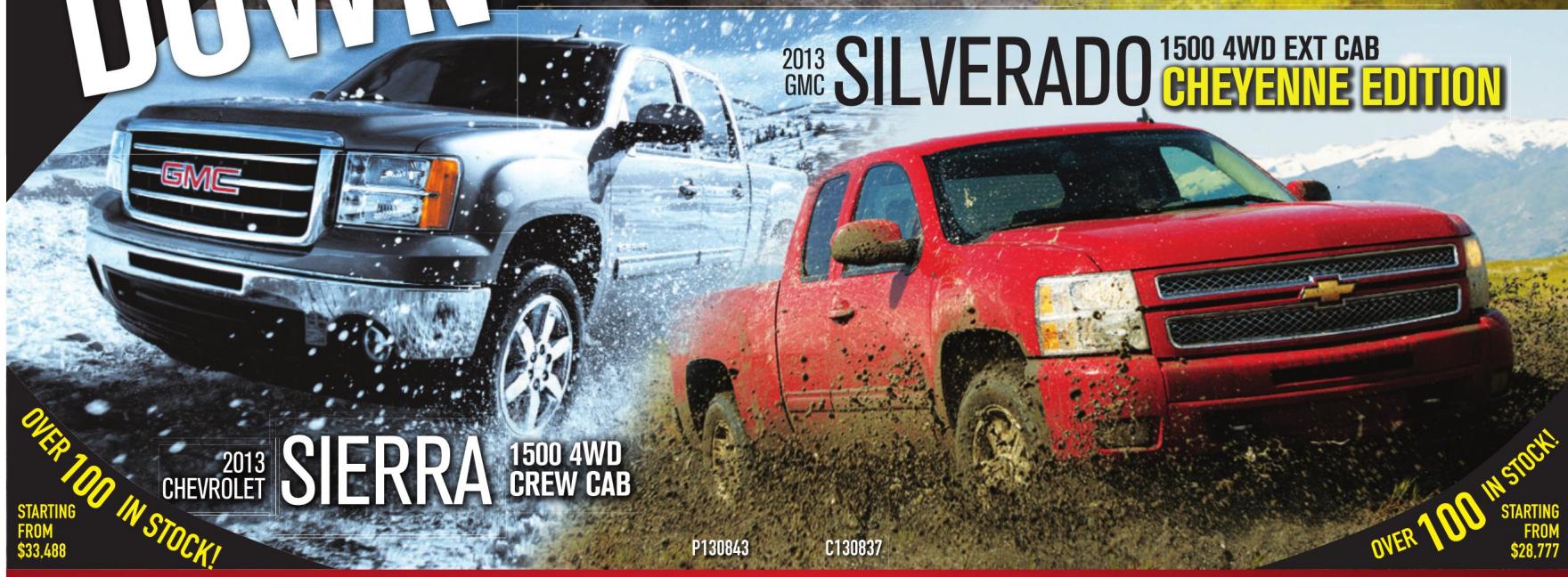
At the branch
cibc.com/geniusbundles
1 877 434-1909

CIBC
FOR
WHAT
MATTERS.

MARK DOWN MADNESS

THE BOSS HAS GONE MAD! EVERYTHING REDUCED!

2013 GMC SILVERADO 1500 4WD EXT CAB
CHEYENNE EDITION



STARTING
FROM
\$33,488

2013
CHEVROLET

SIERRA

1500 4WD
CREW CAB

P130843

C130837

STARTING
FROM
\$28,777

5.3L V8 6-SPEED AUTO, REMOTE KEYLESS ENTRY,
TRAILERING EQUIPMENT, TRIZONE CLIMATE CTRL,
REAR LOCKING DIFFERENTIAL, CHROME PKG,
PWR ADJ SEATS/LOCKS, BLUETOOTH, ONSTAR
MSRP: \$46,190 OVER \$12,700 IN SAVINGS!!!

CMP SPECIAL: \$33,488* \$98
/WEEK¹

4.8L V8 4-SPEED AUTO W/ OVERDRIVE, A/C,
REMOTE KEYLESS ENTRY, OFF ROAD SKID PLATES,
REAR LOCKING DIFFERENTIAL, PWR WINDOWS,
TRAILERING EQUIPMENT, BLUETOOTH, ONSTAR
MSRP: \$40,375 OVER \$11,900 IN SAVINGS!!!

CMP SPECIAL: \$28,777* \$84
/WEEK¹

CMPAUTO.COM CMPAUTO.COM



2013 CHEVROLET TRAVERSE FWD

3.6L V6 6-SPEED AUTO, 8 SEAT CONFIG, REARVIEW CAM
XM SATELLITE RADIO, 6.5" COLOR TOUCHSCREEN, ONSTAR

OVER 40 IN STOCK!
MSRP: \$34,495
CMP SPECIAL:
\$29,995* \$88
/WEEK¹
OVER \$4,700
IN SAVINGS!!!



2013 CHEVROLET CRUZE LS

1.8L 4 CYL 6-SPEED MANUAL, XM SATELLITE RADIO,
16" STEEL WHEELS, ONSTAR, A/C, MP3 COMP CD PLAYER

OVER 60 IN STOCK!
MSRP: \$19,650
CMP SPECIAL:
\$17,888* \$52
/WEEK¹
OVER \$1,700
IN SAVINGS!!!



EVERYONE IS A WINNER!
★ WIN NOW AT WISHANDWINEVENT.COM ★
YOUR NEXT 10 PAYMENTS COULD BE ON US!

SPRING
SERVICE SPECIALS

✓ CALL TO BOOK!
403-930-1543

SPRING CLEANING \$105.00 ALIGNMENT CHECK \$49.95
WINTER TIRE SWAP \$29.95 MOUNT&BALANCE SUMMERS \$89.98

Goodwrench Service
EXPERT SERVICE AT COMPETITIVE PRICES.



403-930-1634
CMPAUTO.COM
1313 36 St. NE, Calgary, AB, T2A 6P9



BANKRUPTCY | DIVORCE | NO CREDIT
NEW CREDIT | NEW TO CANADA
100% APPROVAL RATING
403.569.5416
CALGARYAUTOFINANCING.COM



*WISH&WIN: SEE WISHANDWINEVENT.COM FOR DETAILS. GAS CARDS: AVAILABLE WITH PURCHASE OF SELECT VEHICLES. OFFER NOT VALID FOR TRUCKS. ENDS APRIL 30TH, 2013. SEE DEALER FOR FULL DETAILS. PRICES AVAILABLE WITH CASH PURCHASE ONLY. PAYMENTS D.O.C. 1. 4.99% FOR 96 MTH. 2. 0% FOR 84 MTH. TAXES (GST, \$20 TIRE & \$100 A/C) AND FEES (\$499 ADMINISTRATION, \$149.95 WHEELS LOCKS AND NITROGEN & \$6.25 AMVIC) NOT INCLUDED. ERRORS AND OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN.

SHAWGMC.COM



2013 GMC SIERRA REG CAB

**MSRP:
\$29,205**

FROM

\$18,998

Goodwrench Service

EXPERT SERVICE AT COMPETITIVE PRICES.

TRY OUR SERVICE DEPARTMENT!

SEASONAL TIRE PACKAGE 1

- MOUNT & BALANCE 4 TIRES
- FREE NITROGEN
- 15 POINT INSPECTION

\$112.99

The logo for Shaw GMC Chevrolet Buick. It features the word "SHAW" in large, bold, white letters on a red background. Below "SHAW" is a black horizontal bar with the words "GMC", "CHEVROLET", and "BUICK" in white. Below the black bar is the address "4620 Blackfoot Trail SE" in large, bold, black letters. At the bottom, it says "CALGARY AB T2G 4G2" in a smaller, black, sans-serif font.

**403-930-1654
SHAWGMC.COM**

CREDIT CALGARY

APPLY NOW AT **CREDITCALGARY.COM** 403-287-5974

**100%
APPROVAL
RATING**



ilikeshaw.com



OFFER EXPIRES APRIL 22, 2013. PAYMENTS ARE O.A.C. AT 4.99% FOR 84 MTHS. TAXES (GST, \$20 TIRE & \$100 A/C) AND FEES (\$449 ADMINISTRATION, \$149.95 WHEELS LOCKS AND NITROGEN & \$6.25 AMVIC) NOT INCLUDED. ERRORS AND OMISSIONS EXEMPT. VEHICLES MAY NOT BE EXACTLY AS SHOWN.

HYUNDAI NEW THINKING. NEW POSSIBILITIES.

DOUBLE SAVINGS EVENT

0%[†] FINANCING FOR UP TO 84 MONTHS

SAVE \$400 UNTIL 2014*

2013 ACCENT

2012 BEST NEW SMALL CAR (UNDER \$21K)

2013 ELANTRA

2012 CANADIAN AND NORTH AMERICAN CAR OF THE YEAR

2013 SANTA FE

2013 CANADIAN UTILITY VEHICLE OF THE YEAR

5 YEAR WARRANTY

HYUNDAI HYUNDAI CANADA.COM

WHILE THE MANAGER IS AWAY Sale

APRIL 17 - 20

2013 SONATA 2.0 TURBO LIMITED

MSRP \$35,864 | SELLING PRICE \$29,365 | **SAVE \$6500**

2013 ELANTRA GT GLS

MSRP \$24,144 | SELLING PRICE \$20,144 | **SAVE \$4000**

2013 TUSCON LIMITED AWD

MSRP \$36,289 | SELLING PRICE \$30,109 | **SAVE \$6100**

THE CALGARY HYUNDAI Advantage

1920 - 23rd Street NE
PH 403 250 9990

Register to win an iPad!





CALGARYHYUNDAI.com

*Delivery & destination included. Vehicles may not be exactly as shown. Taxes (GST, \$20 AB tire levy, \$100 A/C tax), registration & accessories not included. Errors & omissions exempt. The Hyundai names, logos, product names, feature names, images and slogans are trade marks owned by Hyundai Auto Canada Corp. and are used under license.

Examiner unsure if any babies in murder trial were born alive

Abortion clinic doctor.

72-year-old accused of giving patient fatal overdose, killing seven babies and performing illegal abortions

Philadelphia's chief medical examiner told jurors Monday he could not be sure if any babies were born alive at a now-shuttered abortion clinic run by a doctor accused of murder.

Dr. Sam Gulino examined 47 fetuses recovered from a clinic run by Dr. Kermit Gosnell after a 2010 FBI raid. Gosnell is charged with killing a patient and seven babies allegedly born alive.

However, Gulino said

many of the bodies had been stored in a freezer, complicating his examinations because some fetal tissue degraded as it thawed.

Prosecutors maintain that Gosnell or his untrained staff killed at least seven babies after they had been born alive. Gosnell's defence lawyer has denied the charge, attributing any movement seen by staff to involuntary responses.

Gosnell, 72, is also accused of performing illegal, late-term abortions and running a dangerously outdated clinic staffed by untrained workers.

Dr. Charles Benjamin said he performs abortions after 17 weeks gestation in a hospital — unlike Gosnell, who performed about 1,000 abortions a year at his clinics in West Philadelphia and Delaware. THE ASSOCIATED PRESS

The remains

Gulino described his bafflement when police in 2010 turned over bags seized at Gosnell's clinic with the 47 sets of fetal remains, along with medical waste and other debris.

- "It was really an unprecedented situation," said Gulino. "There was no guidance for how to proceed."

- Former workers have testified that Gosnell had the aborted fetuses in the freezer because of a billing dispute with his medical-waste-disposal company, which had stopped coming.



A never-ending Memorial Day list

An Israeli woman looks at the wall of names at the Armored Corps memorial for fallen soldiers in Latrun, near Jerusalem, on Monday before a ceremony marking the annual Memorial Day. It is one of the most melancholy dates on the Israeli calendar. Israel says 23,085 soldiers and defence personnel have been killed in fighting since 1860, when Jews began moving back to the area. ARIEL SCHALIT/THE ASSOCIATED PRESS

Diluted cancer drugs

Safeguards needed, N.B. premier says

It's unacceptable that more than 1,200 cancer patients received diluted chemotherapy drugs and safeguards are needed to restore confidence in the health-care system, New Brunswick Premier David Alward said Monday.

"We need to make sure

that we can give full confidence to the people of New Brunswick or Ontario — or Canada ultimately — that the proper system is in place, so that they can have full confidence in it," he said.

A committee will look into the apparent lack of oversight, standards and monitoring of companies like Marchese Hospital Solutions, which provided the diluted drugs. THE CANADIAN PRESS

Combat sports bill

CMA blasts MMA

The president of the Canadian Medical Association is appearing before the committee studying legislation that would bring combat sports, including mixed martial arts, under regulation. Dr. Anna Reid says the sport is too dangerous. THE CANADIAN PRESS

U.S. justices wary of gene patenting

Medical research.

Company argues DNA they isolated is 'markedly different' from that found in the body

The Supreme Court seemed worried Monday about the idea of companies patenting genes that can be found inside the human body, as it heard arguments in a case that could profoundly reshape U.S. medical research and the fight against diseases like breast and ovarian cancer.

The U.S. Patent and Trademark Office has been awarding patents on human genes for almost 30 years, but opponents of Myriad Genetics Inc.'s patents on two genes linked to increased risk of breast and ovarian cancer say patent protection should not

be given to something that can be found inside the human body.

"Finding a new use for a product of nature, if you don't change the product of nature, is not patentable. If I find a new way of taking gold and making earrings out of it, that doesn't entitle me to a patent on gold. If I find a new way of using lead, it doesn't entitle me to a patent on lead," lawyer Christopher Hansen said.

Allowing companies like Myriad to patent human genes will slow down or cripple medical research like in the battle against breast cancer, he said.

But companies have billions of dollars and years of research on the line and Myriad argued that without the ability to recoup their investment, breakthrough scientific discoveries needed to combat all kinds of maladies wouldn't happen. **THE ASSOCIATED PRESS**

Recipe for a slippery slope?

"I can't imagine getting a patent simply on the basic items of salt, flour and eggs, simply because I've created a new use or a new product from those ingredients."

Justice Sonia Sotomayor

Market Minute

DOLLAR
97.52¢
(-1.12¢)

TSX
12,004.88 (-332.71)

OIL
\$88.71 US (-\$2.58)

GOLD
\$1,361.10 US (-\$140.30)

Natural gas: \$4.14 US (-9¢)
Dow Jones: 14,599.20 (-265.86)

Prized piece displayed for Titanic anniversary

Auctioneer Alan Aldridge holds the violin of Wallace Hartley, the instrument Hartley played as the band leader of the Titanic, on the 101st anniversary of the sinking of the ship on Monday in Devizes, England. The auction house, which specializes in Titanic memorabilia and is having an associated sale on Saturday, spent seven years proving the violin was genuine and belonged to Hartley, who with his orchestra famously played on as the ship sank in 1912, and were among the 1,500 who died. Long thought to have been either lost at sea or stolen, it is being described, as far as Titanic memorabilia goes, as one of the most important pieces that has ever come up for sale. It's thought to be worth a six-figure sum.

MATT CARDY/GETTY IMAGES



Samsung. Galaxy S4 to hit Canada by April's end

Samsung's next flagship phone, the Galaxy S4, will hit Canada as early as April 27.

Mobile providers are now taking pre-orders for the new five-inch smartphone, Samsung's rival to Apple's iPhone.

Those who pre-order a phone in advance, for about \$200 on a three-year contract or \$700 without a contract, should

get it by the end of the month.

The phone is then expected to go on sale May 3.

Samsung is highlighting a slew of software features as the main differentiators for its latest Galaxy phone, including a bolstered photo app and gestures that allow the device to be controlled without touching the screen.

THE CANADIAN PRESS



Down from 2012 but ...

Home sales up from last month

Canada's housing market continues to show signs of slowing from the torrid pace set in recent years, but also defying the worst fears of an imminent collapse.

The Canadian Real Estate Association reported that home sales in the 26 municipal markets it tracks rose a seasonally adjusted 2.4 per cent in March over the previous month, but were down 15.3 per cent from last year.

Average home prices — while subject to regional variations — on average rose 2.5 per cent from a year earlier to \$378,532.

THE CANADIAN PRESS

CLEANING Service

WEEKLY, BIWEEKLY, MONTHLY BASIS, MOVE-IN/OUT CLEAN UP REFERENCES ARE AVAILABLE

AVAILABLE ONLY IN THE NW & SW.
CALL OR EMAIL FOR A FREE QUOTE
403.708.9814
ANITAGAJDOS2005@YAHOO.COM

GOD'S PROMISE
God feels pity for the weak and the needy, and rescues them.
(Psalm 72:13)

@HISPROMISES4ME

www.NORTHLANDKIA.ca • (866) 943-9416



2013 KIA SORENTO LX V6 K53179

IT PAYS TO UPGRADE!

SAVE! \$4,250

IN FACTORY SAVINGS

\$160

BIWEEKLY • \$0 DOWN!



0%
60 MONTH FINANCING

PLUS! 6 MONTHS

60 MONTH FINANCING

PLUS! 6 MONTHS

60 MONTH FINANCING

OF NO PAYMENTS



The Power to Surprise

PLEASE READ: ALL OFFERS OAC. ALL REBATES TO DEALER. OFFER INCLUDES FREIGHT, PDI AND FEES AND EXCLUDES GST AND AMVIC LICENSE FEE OF \$6.25. BIWEEKLY PAYMENTS BASED ON 84 MONTH TERMS WITH 1.49% RATE AND ZERO DOWNPAYMENT. OFFER ENDS 04/30/13. SEE DEALER FOR FULL DETAILS. *WELL, WE LIKE TO THINK SO ANYWAY.

3RD WHEEL'S UNEXPECTED CHARMS

Some might say that three's a crowd, but there are actually plenty of advantages when it comes to spending time with an established twosome, provided you follow a couple of important ground rules.

First of all, you can't be insecure. You'll want to let go of any feelings of awkwardness or jealousy that will prevent everyone from having a pleasant time. Secondly, you should never agree to a one-on-two date with a brand new couple — there may be nothing more insufferable than being trapped at a dinner table with a pair of smitten kittens who can't keep their paws to themselves.

But if you're selective about who you play "plus one" with and resist the urge to throw a pity party for yourself, you'll realize that tagging along as the proverbial third wheel can actually mean a whole variety of unexpected benefits.



SHE SAYS
Jessica Napier
metronews.ca

You'll be the centre of attention

If you're convinced that a dating duo would only extend an invite to a solo friend out of pity, think again. Even the happiest couples get tired of each other — especially those who live under the same roof — and welcome the opportunity to hang out with someone new. So instead of thinking of yourself as an intrusive third wheel, realize that you're actually an exciting guest star. Spending the evening with a couple who are desperate for new material means you'll have an attentive audience to laugh at your jokes, give you advice on your own relationship problems, and listen vicariously as you relay stories of your crazy single life.

It's a cheap night out

In my experience, couples are usually so appreciative to have someone else join them for a night out that they'll offer to pay your way. Third-wheelers can enjoy complimentary

cocktails, free meals, movie tickets and many other benefits of having a significant other for the night without having to deal with any of the annoying aspects of being in a relationship.

You don't have to bother looking good

Even though you're hanging out on date night, you're not actually the one on a date. Relieved of the pressure to impress, you can leave the Spanx at home and enjoy a nice night out with minimal effort.

You might learn something

Whether or not you're in a relationship of your own, there can be many educational moments that arise when you're spending time with another couple in an intimate setting. Think of it as relationship reconnaissance: Observing other people's dating habits from close up can help you glean some insights into what you do (or don't) want in your current or future partner. Alternatively, watching two friendsicker passive-aggressively over appetizers can give you a newfound appreciation for single life.

Follow Jessica Napier on Twitter @MetroSheSays



ZOOM

In the ink of health



DAVE CHIDLEY/THE CANADIAN PRESS

Cancer tattoo strikes right note

Cassandra Graham had a single mastectomy after being diagnosed and treated for breast cancer in 2009. And although she opted for reconstruction, she wasn't keen on having a surgically created nipple.

"I had looked on the Internet at probably thousands of photos of nipple recon-

structions, and as good as the job may be, it'll never be exactly the same as your other one because it's just not natural anymore," Graham, 38, said from her home in London, Ont. "And I didn't like how it looked.

"So I said, 'You know what? I'm just not going to do it at all.' And since I happened to know a couple of tattoo artists — my husband owns a shop — I'll just get it tattooed."

Graham put together a

design that combined several images she found online, including small hearts, a pink ribbon that symbolizes breast cancer, and some tiny stars.

But the central motif of her pink and black tattoo is a treble clef.

"I can't sing, I can't carry a tune in a bucket... but I really like music and it was one of the strong things when I was alone that kind of kept my spirits up."

THE CANADIAN PRESS

'I am living'

"Survivor seems too cliché for me. So in pink writing around the side of the tattoo, I had them write 'I am living' because I feel like I'm not just getting by, surviving one day to the next. I'm actually living my life now." Cassandra Graham

WE WANT TO HEAR FROM YOU:

Send us your comments: calgaryletters@metronews.ca

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

Canadians weary of muttering obscenities at a stubborn winter can rejoice now that patio weather is creeping into our afternoons. That also means it's time to brush up on whip-smart conversation, so grab the early advantage by subscribing to these brain-food podcasts on iTunes.



GREG WESTFALL/FLICKR

copycats, each edition of this 100-episode BBC special focuses on one of the countless innovations the modern world is built on, from hand tools to credit cards.

Quirks and Quarks :
It's past time science got around to explaining how national treasure Bob McDonald and his team manage to pack so much science news and information into a single hour.



The public reacts to the Boston Marathon explosions.

@corduroyal: My thoughts and prayers are with the victims of the bombing in Boston. My run today is now dedicated to you #PrayForBoston #bostonmarathon

@DJRedEyezz: Tragic day in Boston, senseless act #PrayForBoston

@rajbmanian: #BostonMarathon victims you are not alone. #Toronto is with you

@robbyntrew: So saddened to hear of yet another heartless and senseless act of violence. Thoughts are with you, #Boston. #prayforboston

@SomeGuyDylan: Once again the world is forced to deal with the actions of some small, ignorant, petty little minds. Stay safe #Boston

Follow @metropicks and take part in our daily poll.



Django Unchained

Director. Quentin Tarantino

Stars. Jamie Foxx, Christoph Waltz, Leonardo DiCaprio

Quentin Tarantino's pre-Civil War anti-slavery adventure is his valentine to the spaghetti western genre, specifically the blood-splattered grindhouse movies of his 1960s-to-1970s youth made by Sergio Leone and Sergio Corbucci. Tarantino also tips his Stetson to three bloody Sams — Fuller, Raimi and Peckinpah — who share his filmmaking sensibility that blood should come by the bucketful. And there are shout-outs to a Monty, as in Python, in such scenes of lunacy as when freed slave Django (Jamie Foxx) and his benefactor Dr. Schultz (Christoph Waltz) encounter KKK vigilantes who can't shoot or even see straight. Tarantino is clearly having a grand ol' time, and so are his actors, who include Leonardo DiCaprio as the childlike owner of a vast Mississippi plantation and Samuel L. Jackson as his devoted housekeeper. Each of these players shares the writer/director's filmic vision that both observes and condemns America's bloody history of racism.

PETER HOWELL



A group of collar-popping frat boys don hipster disguises in an attempt to pick up girls in Williamsburg. YOUTUBE SCREENSHOT

2
SCENE

Bros take on Brooklyn

A guy's answer to Girls. Video editor takes personal experience with hipster girls and turns it into a YouTube short

CASSANDRA GARRISON
Metro World News in New York

What happens when former frat boys trade their popped collars for jean shorts and flannel? What could possibly go wrong when clean-cut bros hop on the L train and venture to Brooklyn in search of hipster girls? Hilarity ensues, as demonstrated in a newly-launched web series inspired by the HBO hit show Girls and created by a Williams-

burg veteran.

Video editor Anthony DiMieri, 25, had written a sitcom about 20-something guys living in NYC back in 2010, but when Girls premiered, the idea for a parody colliding two stereotyped sub-cultures just clicked.

"When I saw Girls, I thought, 'Holy crap — this is really close to what I was doing,'" DiMieri told Metro. "It's taking some humour and boiling things down to more sketch comedy. Humour in a web series is different than humour on TV. You have to make people laugh right off the bat."

Thus, Bros was born.

He did a casting call in December, pulled a lot of favours for the low-budget production, and put it on YouTube earlier this week. Bros follows a main character who gets cut off by

his parents (sound familiar?) after his post-college life is filled with picking up chicks and playing Call of Duty. His soul-searching is brought to a halt when one of his fellow bros reveals the secrets of picking up hipster girls.

Observing their friend's outfit — a sparkly T-shirt, a purple winter cap and cut-off shorts — the main character and his bros are at first bewildered that this look could ever attract women.

But it is the bro-turned-hipster who gets the last laugh when he returns to the apartment that night with a flannel-wearing hottie.

From there, DiMieri's cast embarks on a transformation as they strive to infiltrate Williamsburg and entice female hipsters with mentions of gin distilleries and "obscure"

music.

DiMieri has gotten a lot of feedback about Bros but, predictably, some criticism, too, about poking fun at Girls.

"My favourite YouTube comment so far is something like, 'You guys are a**holes for ruining such a good thing,'" he said.

"They think I am attacking the show, but I am not trying to do that."

DiMieri, who rejects labels but admitted he is likely part-bro, part-hipster, would like to continue making episodes in the web series, but said it is all based on cost and whether he can find a way to fund the production. Most of the people involved in the first episode worked for free, including the cast members. He is considering launching a Kickstarter campaign.

An advertisement for the 9th Annual International Beerfest 2013 in Calgary, presented by Sobey's. The ad features the Calgary International Beerfest logo with a wolf and the Alberta Beer Festivals logo. It includes the date FRI May 3rd • SAT May 4th, the location BMO Centre, Halls D & E :: Stampede Park, and the website www.albertabeerfestivals.com. A QR code is also present.



ALL NEW. ALL NISSAN.

PRESENTING OUR NEWEST, MOST FUEL
EFFICIENT LINE-UP. EVER.

AT SUNRIDGE NISSAN, WE SPEAK CANTONESE, MANDARIN, ITALIAN, PUNJABI, HINDU AND URDU!

★ 0% FINANCING AVAILABLE UP TO 84 MONTHS! SEE DEALER FOR DETAILS ★

\$10,000 CASH GIVEAWAY
CHANCES OF WINNING ARE
EXTREMELY HIGH

**GUARANTEED WINNER
ANNOUNCED MAY 1ST!**

FOR DETAILS, VISIT CASH.SUNRIDGENISSAN.COM

FIRST TIME BUYER PROGRAM

NEWBUYER.SUNRIDGENISSAN.COM

- NO CO-SIGNER REQUIRED
- NO CREDIT REQUIRED
- 0% FINANCING
- \$500 DOWN

19
REMAINING!



2013
NISSAN PATHFINDER SL AWD

WAS: ~~\$39,418~~ **\$233
B/W^{*4}**
NOW: **\$37,215**

CVT auto, power liftgate, back up camera and sensors, Bluetooth, heated steering wheel, satellite radio, heated first & second row seating, leather interior

SN64647

137
REMAINING!



2013
NISSAN ROGUE S AWD

WAS: ~~\$28,528~~ **\$309
/MONTH^{*2}**
NOW: **\$24,528**

AWD, rear back up sensors, ABS, Bluetooth, pwr windows/door locks, keyless entry

130179

31
REMAINING!



2013
NISSAN JUKE SV

WAS: ~~\$21,693~~ **\$140
B/W^{*5}**
NOW: **\$19,693**

6 speed manual, FWD, 1.6L turbo, 17" alloys, Bluetooth, power windows/doors, and traction control

130126

56
REMAINING!



2013
NISSAN ALTIMA S 2.5

WAS: ~~\$20,593~~ **\$310
/MONTH^{*3}**
NOW: **\$24,593**

CVT Auto, heated mirrors, traction control and ABS, Bluetooth

130071

**SPRING
SERVICE
SPECIALS**

CALL NOW
TO BOOK!
403-207-2466

TIRE MOUNT & BALANCE \$89.95 OR GET IT FREE WHEN YOU BUY 4 TIRES!
ALIGNMENT CHECK \$19.95 WINTER TIRE SWAP \$29.95 ALIGNMENT \$109.95

GET \$25 OFF YOUR NEXT SERVICE!

*RESTRICTIONS APPLY SEE DEALER FOR FULL DETAILS

**! PRICE
DROP**

CHECK OUT TODAY'S ONLINE
EXCLUSIVE DISCOUNTED VEHICLE!
HURRY, BEFORE IT'S SOLD!

// CHECK OUT OUR MANAGERS SPECIALS
SPECIALS.SUNRIDGENISSAN.COM

SUNRIDGENISSAN.COM

403-291-2626

SUNRIDGENISSAN.COM

*PAYMENTS OVER 36 MONTHS AT 5.99% 0 DOWN, 2 PAYMENTS OVER 60 MONTHS AT 1.9%, \$500 DOWN, 3 PAYMENTS OVER 60 MONTHS AT 1.9%, \$500 DOWN.

*4 PAYMENTS OVER 36 MONTHS AT 4.99% W/\$1,000 DOWN, 6 PAYMENTS OVER 64 MONTHS AT 2.9% W/\$3,000 DOWN.

metro

16

metronews.ca
Tuesday, April 16, 2013

From Gangnam to a Gentleman

Psy. The Korean rapper who brought us his sexy horse riding moves is back with a brand new single

MICHELLE
CASTILLO
Metro World News in New York

There's a new Gentleman in town.

Korean rapper and dancer extraordinaire Psy released his latest single Gentleman on April 13, and the video has already reached more than 58,470,000 views on YouTube. While it doesn't have Psy's classic horse move and isn't a harsh critique on South Korea's upscale Gangnam District, the video still features a catchy tune, slightly naughty lyrics and some svelte hip shaking movements.

"I'll make you gasp and I'll



Psy is hoping fans will go Gangnam over Gentleman. GETTY IMAGES

make you scream," Psy raps, adding that he's a "mother father gentleman" — though some have debated if that's actually what he's saying.

Overall, people seem to like the tune, but comparisons to Psy's mega hit Gangnam Style are inevitable. The video for the international sensation, which has been out for nine months, has more than 1,525,000,000 views on YouTube, and even features a tiny animated

character doing the famous dance move right next to its counter.

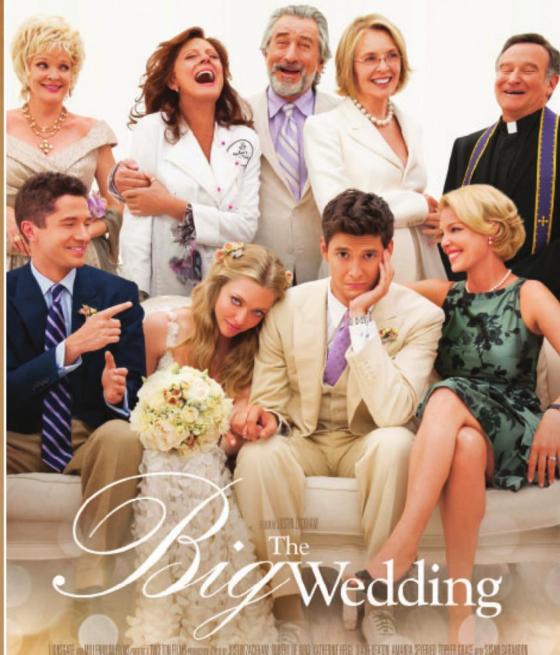
"I can't say that it's better than Gangnam Style, but I still like it," YouTube user Megi Ivanova commented on the official music video.

However, not everyone was impressed with the new single.

"Nothing original since Gangnam Style... so disappointed!!" user rugosss wrote.

Robert De Niro, Katherine Heigl, Diane Keaton, Amanda Seyfried, Topher Grace, Ben Barnes, with Susan Sarandon, and Robin Williams

It's never too late to start acting like a family.



YOU COULD
WIN

A PASS FOR TWO
TO A SPECIAL
ADVANCE
SCREENING OF

The Big Wedding

IN THEATRES
APRIL 26TH

VISIT THEBIGWEDDING.CA
FOR YOUR CHANCE
TO WIN MORE
EXCITING PRIZES!



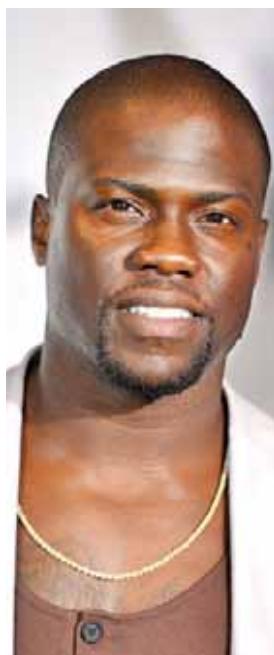
Don't forget to like us on Facebook! facebook.com/clubmetrotoronto

No purchase necessary. Contest open to residents of Canada, excluding the province of Quebec, who have reached the age of eighteen (18) years of age or older. Odds of winning depend on the number of eligible entries received. Ten (10) Grand Prizes are available to be won, consisting of one pass for two to a special advance screening at a specific theatre in your city on April 24th at 7PM (valued at approximately \$26). Contest closes April 21st 2013 at 12:59PM EST. To enter and for complete contest rules visit www.clubmetro.com



Comedian calls arrest 'a wake-up call'

Comedian Kevin Hart was arrested for driving under the influence early Sunday morning in Los Angeles, and he wasn't shy about sharing the details after posting bail. "I'm officially a thug. I spent six hours in jail last night," Hart announced on Twitter. "This cop was the worst. He knew who I was and wanted to make an example of me. ... When the cop asked me to take the sobriety test I said, 'Why waste our time? I'm drunk, man.' Hart did also offer some more serious reflection on the night's events: "This is a wake-up call for me. I have to be smarter and last night I wasn't."



Kevin Hart ALL PHOTOS GETTY IMAGES



Lindsay Lohan

Rocking out before facing the music

Lindsay Lohan hit up the first weekend of the Coachella music festival, and despite some former pals being worried for her life if she attended, she seemed to come out of the fest just fine. A water bottle-clutching Lohan was spotted with her 16-year

old brother, Cody, in tow, and sources tell E! News that the troubled actress was aiming for "a healthy, fun time at Coachella" before heading to her court-ordered 90-day rehab stay next month. The music festival continues this weekend.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Ozzy and Sharon's relationship gone off rails?



THE WORD

Dorothy Robinson

scene@metronews.ca

Everyone's favourite heavy metal couple, Ozzy and Sharon Osbourne, are reportedly well on their way to splitting up, according to Radar Online. And sadly,

the long-married pair is said to be living separately already. While Ozzy is said to be living in a rented Beverly Hills mansion, Sharon has been staying at the Beverly Hills Hotel since at least the beginning of this month, sources say. "They are living at different addresses and not spending any time together," a source recently told the Sun. Sharon is believed to be staying at the famous hotel while she decorates a new home — but not the one where Ozzy is staying. The usually outspoken and press-friendly pair has been remarkably quiet about the reports of marital trouble.

Ellen DeGeneres and Portia de Rossi

Ellen and Portia content without kiddos

Portia de Rossi tells Out magazine that she and wife Ellen DeGeneres have absolutely no plans to start a family, despite pressure from friends and loved ones. "You have to really want to have kids, and neither of us did. So it's just going to be me and Ellen and no babies," de Rossi tells the magazine.

"There comes some pressure in your mid-30s, and you think, 'Am I going to have kids so I don't miss out on something that other people really seem to love? Or is it that I really genuinely want to do this with my whole heart?' I didn't feel that my response was 'yes' to the latter."



AMASWISSWATCHES.COM 403 265 9883
Unit 8, 1420 – 9 Ave SE

WE TURN *This*  *INTO This*

We make a **great new piece of jewellery** **from your old scrap gold.**

REPAIR, CUSTOM MADE, ENGRAVING, APPRAISEALS, BUYING GOLD AND SILVER

Diamonds and gold watches.



CINEPLEX STORE

ENJOY MOVIES WHEREVER YOU ARE

WITH OVER 10,000 TITLES TO CHOOSE FROM

EARN AND REDEEM SCENE™ POINTS

DVD, BLU-RAY, DIGITAL RENTALS & DOWNLOAD-TO-OWN MOVIES



CINEPLEXSTORE.COM

ULTRAVIOLET™
YOUR MOVIES IN THE CLOUD

TM©Cineplex Entertainment LP or used under license.

The Iron Man 3 workout

Fitness. Robert Downey Jr.'s trainer, Brad Bose, tells us how to get superhero strong

**ROMINA
MCGUINNESS**
Metro World News

"Superheroes have good bodies, even if they have PhDs," says Brad Bose, who would know.

He's Robert Downey Jr.'s personal trainer, and got him fit for Iron Man 3.

"It was important that Robert was extremely fit and had a good muscular build. Only it had to look realistic. He's meant to be a billionaire playboy; you don't want him to get too big and end up looking like Captain America or The Hulk."

Fortunately, Downey Jr. was almost ready to go for his third stint as Mr. Stark.

"He'd recently finished filming The Avengers so he was in good shape. But holding on to that muscle mass and definition for long periods of time isn't easy," adds Bose.

"He had to get re-buff. We were doing two-hour sessions, three to four days a week. By the time we were done, he'd gained five pounds of muscle and trimmed off 10 pounds of fat."

FPT vs. Body Building

"Robert's cardio was never an issue," Bose tells Metro. "A lot of people don't want to talk about it but the truth is, he's 48. He's above the curve



His workout gloves are cooler than yours. MARVEL

when it comes to being a fit individual but this is a young man's training he's doing."

In order to gain muscle bulk, Downey Jr. spent the first month doing traditional weight training.

Once he and Bose were satisfied with his mass, they moved on to Functional Performance Training, a technique that engages all muscle groups simultaneously.

"FPT isn't just for esthet-

ics," says Bose.

"All the exercises are designed to get you muscular through strength. As opposed to body building, where you're working one muscle group in isolation, FPT gets as many muscles and as many planes of movement engaged at any one time," he explains about the training regimen.

The logic behind the moves is it offers a better approach.

"The body functions as a unit. Every time you're doing an upper body movement, your legs should never be completely dormant. The 'core' (from the lower part of your rib cage to the lower part of your hip girdle) should always be engaged. The aim of FPT is to do things more dynamically. So we'll push sleds, we use battling ropes, sledgehammers, tyres and so on."

THE IRON MAN WORKOUT

Sometimes when you do strength training it can feel like you're pushing against an inanimate object and you never seem to get better. In this workout, the moves are distracting in a good way — it makes time go by faster.



Dips

Keeping you body upright on a dip bar, lower your body down until your elbows are at a 90 degree angle, then press back up until your arms are almost fully extended (straight). 3 sets 8 to 12



Sandbag throws

Using the handles that are closest to the middle of an Alpha Strong bag, squat down and grab the handles. Press up with the legs moving from a squat position to where the bag is hanging at your waist. Do 8 to 12 times and 3 to 4 sets.



Bandbell bench press

Using a bandbell bar you are doing a bench press. The key to this exercise is having a bandbell bar, rubber bands about 12 inches long and kettlebells. Do 8 to 12 reps and 3 sets.

Superhero diet

How Iron Man gets his iron, man

Hard to believe, given his love of shawarma, but Iron Man lives closer to a vegetarian lifestyle than full-on carnivore.

"We try to balance the protein and the carbohydrates and stick to fish, chicken, eggs and soy," explains Bose. "And when it's time to cut weight, we just minimize the portions. Robert tends to eat every three hours and have two protein shakes a day. The only reason he even drinks them is to make sure that during these intense workout periods, he's not losing any muscle mass. So as far as nutrition goes, we're more focused on a Paleo style diet, which is basically fish, organic meat, nuts, roots, fruit, eggs and vegetables."



And on his days off ... Tracy Anderson and Kung Fu

"Robert is constantly doing something," says Bose of his client.

"But in order to spend time with his wife, he does a lot of Tracy Anderson cardio classes. And he's a brown belt in Kung Fu, so on the opposite days that he's not working with me, he's sparring with his coach, Eric Orum."

How to beat your allergies this year

Easy solutions. Author of *Itchy & Scratchy* gives some tips on how to not suffer this season

LINDA CLARKE
Metro World News

Warm weather at the start of the year caused early pollination in some trees, exacerbating conditions for allergy sufferers, and raising expectations that 2013 will see increased seasonal allergies. Metro asked immunologist Dr. Jennifer Collins, author of the blog *Itchy & Scratchy*, for tips on combating yours.

Know what you're allergic to

“Knowing what you’re allergic to is really important. An immunologist can test you and then give specific advice, and then give effective treatment. One of the things I see is people who have suffered for years and they don’t have to.”

Manage with medications



There's no need to suffer this allergy season. ISTOCK PHOTOS

“Many over-the-counter medications work just fine, but consult your doctor or an allergist. Steroids are used to help with the inflammation. There are side effects, long term, but steroids can stop acute allergies from becoming chronic.”

Limit exposure to allergens

at home

“Pollen levels are highest between 5 a.m. and 10 a.m., so close your windows. Make sure AC filters are clean and working effectively. If you have animals, wipe them down with a washcloth when you come in. Washing your sheets in hot water and regular cleaning will help, too.”

Sign up for alerts or get an app

“Lots of websites offer email alerts and there are apps, too. They help you to prepare for bad days. If you know the level is going to be high you can take your medication before going out and getting on with your normal life.”



We are an authorized center for Pranic Healing in Calgary. It is affiliated to the Canadian Pranic Healers Association in Canada as well as the World Pranic Healing Foundation and the Institute for Inner Studies, Philippines.

Pranic Healing is an ancient science and art of healing introduced by Grand Master Choa Kok Sui in the early 1990's. It is a highly advanced and potent, no touch, and no drug healing modality. In Sanskrit, 'Prana' means life force, which is synonymous with 'Chi' in Chinese or 'Ki' in Japanese.

PRANIC HEALING IS EASY TO LEARN AND APPLY. IT HELPS TO MAINTAIN GOOD HEALTH BY CLEANSING & BALANCING THE ENERGY BODY. IT IS BASED ON 2 PRINCIPLE LAWS:

1 2
Law of self-recovery | Law of life-energy

Pranic Healing can be used for treating as well as preventing physical, mental, emotional, and psychological problems. These techniques can be applied collectively in one's day-to-day life, including in maintaining one's relationships, finances, pets, plants and homes. Pranic Healing can also assist in the safe and rapid growth in one's spiritual journey.

WE CONDUCT REGULAR PRANIC HEALING WORKSHOPS & MEDITATION EVENINGS.
FOR MORE INFO PLS CONTACT US AT:

403-918-6225

REJUVENATE@ BODHIWELLBEING.COM

403-452-1469
BODHIWELLBEING.COM

Advertisement

Finally A Weight Loss Plan That Works

Reduce weight, inches and fat in just 14 days with Almased®

Want a fast, yet safe way to lose weight and look great? Almased offers an effective weight loss solution that boosts energy and preserves muscle mass. Its unique formula is clinically tested to support proper nutrition and quick weight loss. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased blends only fermented non-GMO soy, yogurt and honey, for a formula that allows the body to metabolize

carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and benefit from its metabolism-boosting benefits.

Over 10 years of scientific research shows Almased nourishes the body as it stimulates healthy, long-term weight management and overall good health. Maintain a healthy weight, promote a feeling of well-being and retain muscle mass with Almased.



7 Ways Almased works in the body

1. Reduces weight, inches and fat.
2. Retains muscle mass while losing weight.
3. Has metabolism-boosting properties.
4. Keeps blood sugar balanced.
5. Keeps thyroid function balanced.
6. Helps the body to metabolize carbohydrates, fat and protein.
7. Is an antioxidant for the maintenance of good health.



For retailer inquiries, please call
True North Nutrition directly at
toll free 1-800-261-4223.

...simply because it works

To find out what else Almased can do, download your free Figure Plan Guide at www.bikini-plan.com. ENTER SOURCE CODE: MCA.

SHOPPERS DRUG MART

SANGSTER'S



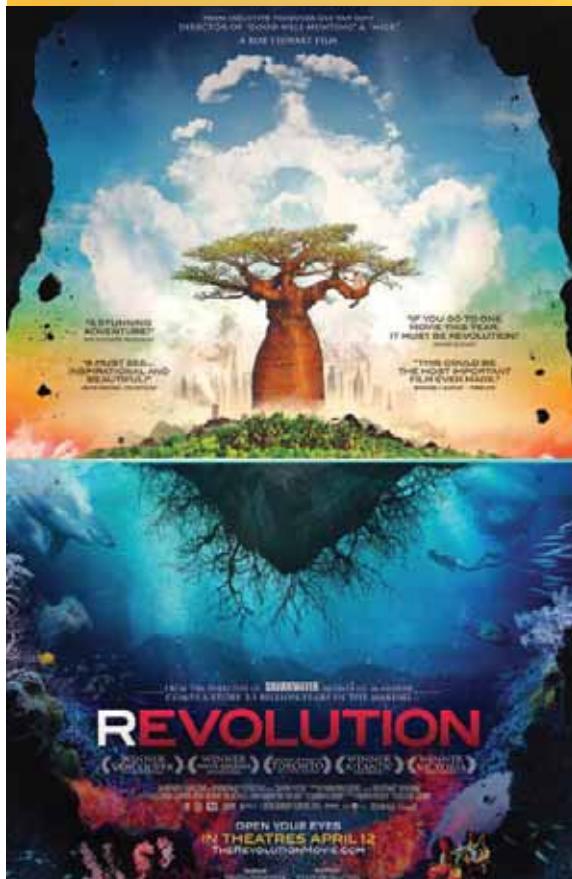
nutrition house
Better Health Lives Here



MorningSun
Health Foods

healthstore locator
www.healthstorelocator.com

Join the
REVOLUTION
and enter to win
\$2,500
towards your education



See **REVOLUTION** in
theatres today!

Group Sales tickets are now available at Empire and Cineplex theatres across Canada!

VISIT
club
metro
.com
TO ENTER

No purchase necessary. Contest open to residents of Canada, excluding the province of Quebec, who have reached the age of thirteen (13) years of age or older. Odds of winning depend on the calibre of eligible entries received. Ten (10) Grand Prizes are available to be won, consisting of one \$2,500 cash prize to be used towards payment of post secondary schooling valued at \$2500CDN. Contest closes May 17th 2013 at 12:59PM EST. To enter and for complete contest rules visit www.clubmetro.com

Submit a written or video essay on what you would do to start the **REVOLUTION** to save the environment in your community. Ten winners will be chosen from an exclusive committee consisting of Rob Stewart, Les Stroud, Andrew Weaver, Dr. Boris Worm and Ron Suter.

Skinny panini: Clubhouse starring chicken and prosciutto



ROSE REISMAN
For more, visit rosereisman.com or follow her on Twitter @rosereisman

1. Spray non-stick skillet with cooking oil and place over medium heat. Sauté prosciutto 5 minutes or just until dry and beginning to crisp. Remove from pan, cool slightly and crumble. Wipe skillet; repray.

2. Working with one at a time, pound chicken breasts between two sheets of waxed paper to an even 1/4-inch thickness. Sauté for 5 minutes, or just until cooked and no longer pink in the centre, turning halfway. Cool for 5 minutes, then dice.

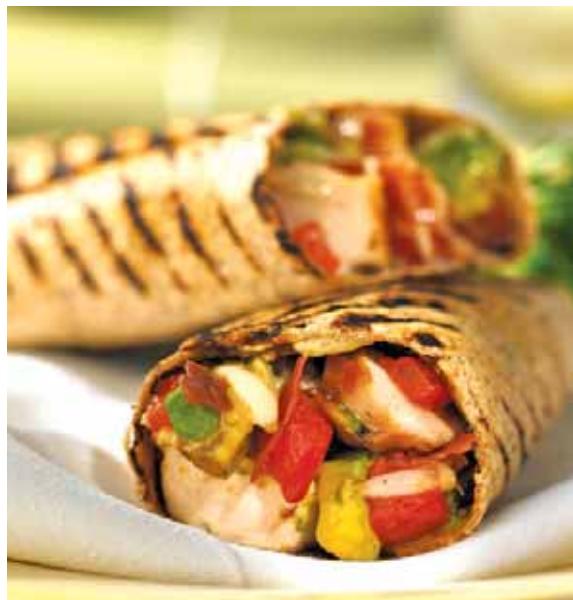
3. Combine the mayonnaise, lemon juice, mustard, garlic and pepper in a small bowl and mix thoroughly. Spread evenly over the entire surface of the tortillas. Scatter the chicken, prosciutto, cheese, tomato, onion and avocado overtop. Fold

in the sides of each tortilla and roll it up tightly.

4. Preheat a non-stick grill pan to hot and spray with cooking oil. Sear the rolls on both sides until browned, approximately 2 minutes per side. Slice in half before serving. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 2 oz prosciutto
- 8 oz skinless boneless chicken breast
- 2 tbsp light mayonnaise
- 2 tsp lemon juice
- 1 tsp Dijon mustard
- 1/2 tsp crushed fresh garlic
- pinch ground black pepper
- 4 large tortillas (preferably whole wheat)
- 2/3 cup Swiss cheese
- 1/3 cup diced, seeded plum tomatoes
- 1/3 cup diced sweet onion
- 1/2 diced ripe avocado



This recipe serves eight and contains 143 calories and 6.1 g of fat per serving. LORELLA VANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Dinner. Herb-Brined Walnut-Crusted Chicken



1. In saucepan over high heat, combine salt, pepper and water. Bring to boil, stirring to dissolve salt. Remove from heat and add the ice. Stir in apple juice.

2. Bruise thyme, rosemary and savory by placing on cutting board and hitting with back side of a meat mallet. In zip-close plastic bag, combine liquid mix with bruised herbs and garlic. Add chicken thighs to bag and squish around to cover in the brine. Refrigerate for 3 hours.

3. When ready to cook, heat oven to 450 F. Remove chicken from brine and discard brine. Use paper towels to pat chicken thighs dry, then arrange on rimmed baking sheet.

4. In bowl, combine walnuts and breadcrumbs. In another bowl, combine mayonnaise, coriander and orange zest.

Brush mayonnaise mix over surface of each chicken thigh. Pat some walnut mix evenly over the top of each thigh.

5. Bake 20 minutes, or until golden brown and 170 F at centre. **THE ASSOCIATED PRESS**

Ingredients

- 1/4 cup kosher salt
- 1 tsp cracked black pepper
- 1 cup water
- 1 cup ice
- 2 cups apple juice
- 4 sprigs each fresh thyme, rosemary, savory
- 3 cloves garlic, chopped
- 2 lbs bone-in chicken thighs, skin removed
- 1/2 cup each chopped walnuts, panko breadcrumbs
- 1/4 cup mayonnaise
- 1/2 tsp ground coriander
- Zest of half an orange

Health Solutions

Ofunderrated watercress

NUTRI-BITES
Theresa Albert
DHN, RNCN
myfriendinfood.com

Do you think of the Queen or Downton Abbey when you think of watercress?

Of course, it is ubiquitous in tea sandwiches but did you know that it is an incredibly healthy salad green?

Watercress is a cancer and age fighting super-food as reported in a study in Medical News Today. It is suspected that the high anti-oxidant capacity of this easy-to-grow spring sprout protects DNA and cell damage. The study's participants ate one cup per day of both the stems and leaves. Watercress is in the category of cruciferous vege-

tables like cabbage, mustards and kale and offers all the same benefits of these more widely used varieties. Watercress can be added to just about anything:

- salads
- omelets
- fruit smoothies
- grilled cheese
- sautéed
- served with grilled fish, pork or chicken
- as a pesto
- as a soup

Watercress does indeed grow in very damp soil and near running water. If you know what to look for, it can be a free and wild addition to your day.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



How a stay-at-home mom found her sanity while Lost in Suburbia

A momoir. Columnist shares how she found her groove in new book, *Lost in Suburbia: A momoir: How I Got Pregnant, Lost Myself, and Got My Cool Back in the New Jersey Suburbs*

When syndicated parenting columnist Tracy Beckerman gave up her high-powered Manhattan TV career to focus on motherhood, she, her husband and their two young kids left their quintessential New York lifestyle behind for a different one in the Jersey suburbs.

Her new life as a full-time mom, however, left Beckerman in a funk.

Lost in Suburbia: A momoir: How I Got Pregnant,

Lost Myself, and Got My Cool Back in the New Jersey Suburbs tells the story of how the author found her groove in Jersey and learned how important a sense of humour is in raising a family.

How did you decide to swap your city life for a suburban one, and what was the transition like?

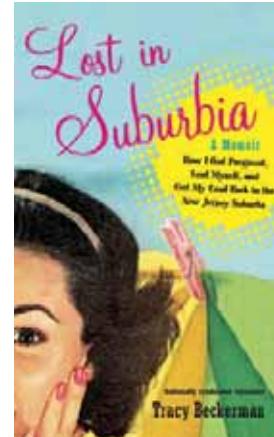
After I had my son and went back to my job as a writer and producer for the local news, I never expected that I was going to not really care about it anymore. I felt like I was missing out by not being with my son. So we made the decision that I was going to quit my job. Then we realized that we couldn't afford to stay in the city! So we moved to New Jersey. I didn't know anybody, I didn't have my job to define me anymore and I just sort of lost it. It made it tough to be comfortable in

my new role.
How did things begin to change?

My low point is when I got stopped by a cop driving in my dumpy bathrobe. I thought, I've got to turn my life around! When my kids went to school, I thought about what I could do that is just for me. One day my son came home from school and told me something funny that happened, and I wrote it down. (The story) came flooding out of me, and the local paper ran it. Soon after, two more papers expressed interest. I realized this was going to be my second act. Finding the humour in parenting made me so much happier.

What should women in this situation keep in mind?

If you defined yourself by your career, it can be very hard when all of a sudden your job title is Stay-At-Home



Mom. You need something for yourself that's not just about your kids — something just for you that you feel good about. I think you end up feeling happier, and it makes you a better parent.

METRO



Tracy Beckerman moved from New York to suburbia. And it wasn't easy. HANDBOUT

From men hungry to monogamy

Books. Ophira Eisenberg's rollicking new memoir details how jumping from one guy to another helped her say "yes" to marriage

DOROTHY ROBINSON
Metro World News in New York City

Ophira Eisenberg is a stand-up comedian, writer and host of NPR's new weekly trivia show, *Ask Me Another*. But she is also quite the expert in sleeping around.

Or she was — until she met "the one." Being on the prowl? Just practice for monogamy.

"I think it's my large sample size and many experiences that led me to the right guy," she says in her new memoir, *Screw Everyone*.

What does NPR think about an employee writing a book

myself now.

Why are so many comedians terrible in the sack? Not that we're asking from experience or anything.

Of course — it's a friend of a friend who wants to know, right? I'm a comedian and from what I've heard, I'm pretty decent — at least from the comment cards I've received.

But if I had to take a guess, it's because they're going for the laugh.

My advice is that if you don't like what's going on in the sack, feel free to heckle.

SCREW EVERYONE

SLEEPING MY WAY TO MONOGAMY

"If you don't like what's going on in the sack, feel free to heckle," says comedian Ophira Eisenberg. HANDBOUT

lalalife VOICE
Where Fun...Meets Adventure
403.974.5555
Toll Free 1.866.348.5282

100% FREE
100% FUN
100% ADVENTURE
100% LALALIFE
100% FREE TRIAL
CALL NOW!

LALALIFEVOICE.COM

On the web



Does your money savvy end with counting the change in your piggy bank? Financial expert Gail Vaz-Oxlade launches her new series, Money Moron, on Slice this Friday at 9 p.m. ET/6 pm. PT. On the show, Vaz-Oxlade attempts to rescue strained relationships from the pitfalls of financial woes. With one person in the relationship calling out the other for their unhealthy financial habits, the finance guru is brought in to offer the reckless spender a chance to turn things around.

For a sneak peak at Money Moron, visit metronews.ca



The fin lit bandwagon



YOUR MONEY
Alison Griffiths
money@metronews.ca

"I am 44, a single parent with two kids and a total idiot about money," writes Lori P. from Winnipeg. "There's so much talk about financial literacy these days. How am I supposed to get smart?"

Good point. I feel your frustration. The fin lit bandwagon has produced so much content it can be a huge challenge to find what you need to know.

I'm not being pejorative; financial literacy is a very good bandwagon. After all, money accompanies us from cradle to grave. Spouses, kids, jobs, friends may all come and go, but money remains. The way we handle it affects not only our own life but also that of people around us.

Financial literacy is particularly important for women because we are still the primary caregivers of children and the elderly. We also bear a larger portion of the responsibility for educating our kids about money. Additionally, we ladies are by far the majority of single parents and we live longer.

So, women have to get smart about money.

The international Financial Literacy & Education Summit 2013 in Chicago is tackling this very important topic on April 17th. I'm honoured to be the moder-



The way we handle money also affects the people around us. ISTOCK IMAGES

ator of a panel of journalists from around the world. You can register to view online at practicalmoneyskills.com/summit2013.

Back to Lori P. She should focus on her own specific needs first. For example, if she is in a job with a workplace pension and contributing to it, she might put retirement investing on the shelf for now. Instead, she could concentrate on areas where she is weak such as insurance, budgeting or taxes.

The idea is to pick one thing and work on that until you have a comfort level with the topic. Don't try to become financially savvy in everything. It is

simply too overwhelming.

And by the way Lori, I doubt you've raised two kids and are really a "total idiot" about money. I suspect you know more than you think.

Boost your own money smarts by winning my latest book, Count on Yourself: Take Charge of Your Money. Just tweet or email a question about financial literacy and include the hashtag #FinLitSummit. Or email questions to griffiths.alison@gmail.com. I'll be giving out five books after the summit.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Money. Owning a home an investment of a lifetime

Owning your own home is an exciting proposition and an achievable goal for most Canadians. The number one reason many become homeowners is pride of homeownership and the stability and security that comes with it.

Buying a home can also be a solid investment and provide tax benefits.

In Canada, you are not taxed on any investment gains made on the sale of your primary residence. So, for example, if you buy your home for \$200,000 and sell it five years later for \$250,000, you do not have to pay income tax on the \$50,000 you earned from the sale.

Another advantage is each time you make a mortgage

payment, you are putting a portion toward the principal balance of your mortgage, which builds equity in your home. This is a better use of your money than giving rent to a landlord and is a good long-term investment.

Owning a home also means that you can make your own decisions on decorating, home improvements, location, etc. In a recent survey conducted by Genworth Canada, 91 per cent of first-time homebuyers said that homeownership may mean more work but the effort is well worth it.

When it makes financial sense, buying a home is often a wise, secure and emotionally satisfying move to make. **NEWS CANADA**



Paying a mortgage is a better use of your money than giving rent to a landlord. **NEWS CANADA**



RBC Royal Bank

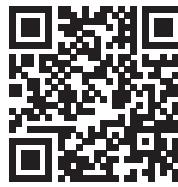
Smaller Debt. Bigger Smile.

Save over \$700* by consolidating your higher interest debts.

RBC Royal Bank® has new online tools and resources to help you develop a concrete plan to lower debt and save money.

- Create your own customized **Debt Reduction Plan**
- Explore ways to simplify payments with our **Debt Consolidation Calculator**

Get started today at rbc.com/smile



Or scan here
using your
mobile device
to learn more.



Advice you can bank on™

DREAM BIG

The world is a faster-moving, more competitive place than ever before. It is smaller, too. If you want to compete — if you want to make money — you have to get a good education.

But that's nothing new, is it? The days when you could get ahead without post-secondary education of some kind are long gone. No matter what field you belong to, chances are you will have a certificate, diploma or degree on your resumé. That piece of paper isn't just your means of getting ahead, it's your means of getting started.

Luckily, colleges and universities in this country are there to help. More than ever, they are meeting students halfway — offering full-time, part-time, acceler-



ISTOCKPHOTO/THINKSTOCK

ated and even online delivery models to suit almost anyone's lifestyle, learning style, or schedule.

And their variety of offerings continues to grow. Universities are expanding their degree programs into new subject areas, reflecting a more multicultural, tolerant, technocratic society. Many colleges offer degree programs now, too, while maintaining the focus they have always

had on matching students with great jobs.

These schools aren't strictly for young people, either. Mature students, hoping to retrain, upgrade their skills or seek out new careers entirely, are being welcomed into programs designed with their needs in mind.

A good education remains our best way of finding the work we are meant to do — a career we are passionate about,

one that inspires us to keep improving and keep learning for the rest of our lives.

Post-secondary institutions of all kinds will be starting their spring and summer programs soon. One of those programs might be right for you. Do your research, ask questions and, most importantly, don't be afraid to dream big. Your educational journey is just getting started.

— Chris Edwards

SOLID INVESTMENT

EDUCATION WILL PAY OFF OVER LONG TERM

Getting a university degree or college diploma is a big investment of time and money, but experts say it pays off.

Melissa Padfield, the assistant registrar at the University of Alberta, says the rewards of education are realized over many years.

"Arming yourself with an education makes you more adaptable to economic swings and, ultimately, will help students meet their career goals," she says.

On average, a degree adds \$1 million to your life-time earnings. "It's an investment in your future and one that will only increase in value over time," she says.

A 2011 TD Bank report said, "investment in a post-secondary education remains the single best investment that one can make," both for the individual and for society. It found the annual return on investment for a university degree is 10 per cent, and is even higher for a diploma. The median after-tax income for university graduates is \$35,168; for

college grads it's \$27,741; high school grads earn \$19,744.

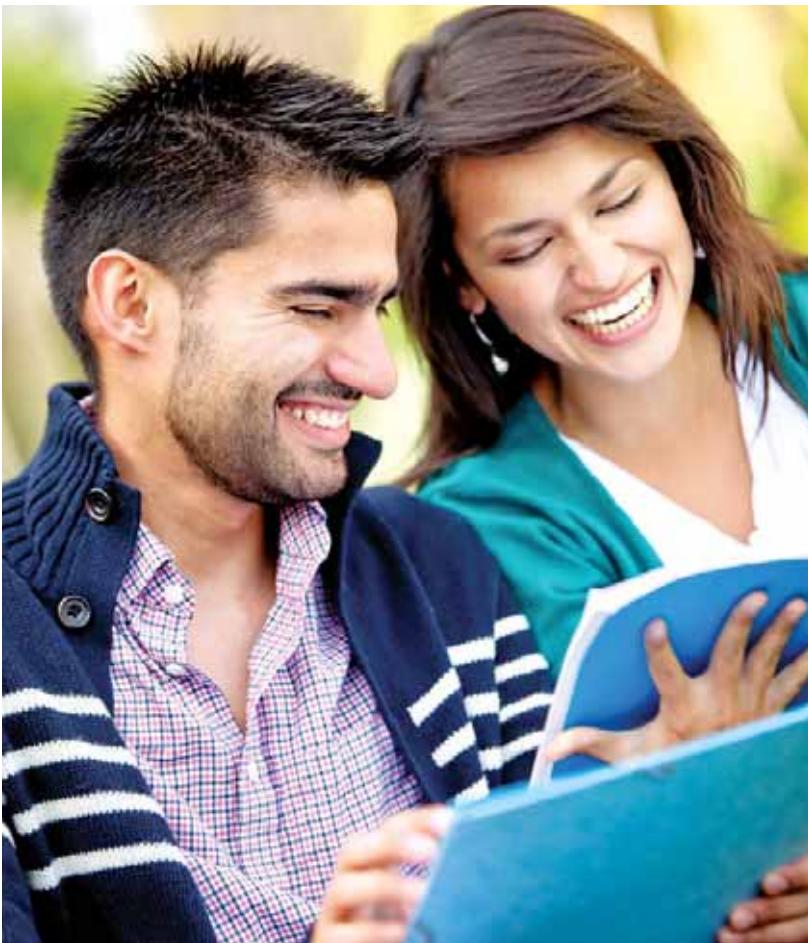
"When we look at what skills university grads are using in their careers, they are drawing extensively on the critical thinking, problem solving, and interpersonal skills that they acquired through their degrees," Padfield says.

Those transferable skills allow people to advance or change course without retraining. She says 90 per cent of U of A graduates find work within two years. Faculties like medicine and dentistry report universal employment.

Many students opt for a college diploma, which costs less and takes about two years. Arnold Boldt, provost and vice-president, academic, at the Saskatchewan Institute of Applied Science and Technology, says 93 per cent of their graduates find work within six months.

"The programming is directly linked to the labour market," he says. "It's a huge return on investment."

— Jon Tattrie



ISTOCKPHOTO/THINKSTOCK

DUAL THREAT

CONTINUE TO WORK WHILE GOING TO SCHOOL AT THE UNIVERSITY OF LETHBRIDGE



Matt Fellows

UNIVERSITY OF LETHBRIDGE PHOTO

Matt Fellows is a guy who gets things done.

As an artificial lift manager at NOV Wilson Canada and bachelor of management grad, Fellows's career is a fast-paced juggling act of meetings, travel, training and sales targets.

Fellows doesn't have a lot of spare time on his hands — and he never has

— particularly when he started working in Calgary's energy sector nine years ago.

To others it seemed a bit daunting for him to take on a full-time job and bachelor of management degree within his first year of starting his new career.

According to Fellows, the driving force behind his decision to tackle a

new career and a post-secondary degree simultaneously boils down to the fact that the University of Lethbridge Calgary campus made it possible for him to succeed at both.

"When I started working in energy I knew a management degree would be hugely beneficial, but I wasn't willing to put my career on hold to go back to

school," Fellows says.

"The U of L Calgary campus made it possible for me to keep working and achieve my academic goals at the same time."

Because of the convenient downtown U of L campus located on the Bow Valley College campus, he found the process of earning a degree quite handy.

"Being able to get to campus quickly from my office downtown made everything that much easier," he says.

Fellows had a number of classes under his belt from different ventures he had previously taken in post-secondary education and was happy to discover the Calgary campus would accept 20 of them as transfer courses.

"The fact that I could apply the education I already had was huge," Fellows says.

He also credits part of his success to the quality of instructors.

"The professors were excellent — really accommodating and understanding and, equally importantly, they made a lot of the course material pertinent to the industry I was working in."

Fellows completed his degree in a time frame that worked for him, and says that he keeps in touch with several professors post-graduation.

"I truly believe you can't find a program anywhere that better accommodates career driven students."

ON YOUR DOORSTEP

Making education accessible to the working professional and providing students with an enhanced student experience were two of the main reasons for the University of Lethbridge's recent relocation of its Calgary campus.

Now, the U of L Calgary campus is offering its quality programming out of the Bow Valley College campus downtown.

"This move was to give students a more well-rounded student experience through a more complete campus environment," says Lorne Williams, dean of northern campuses for the University of Lethbridge.

"It was also important to be centrally located to enhance the accessibility of the working professional in the downtown core, as we are now right on your doorstep."

Located directly off the downtown C-Train line, the new campus is centrally located and convenient for all students looking for flexible programming that fits into their busy work schedule.

All of the programs are designed to

work around traditional working hours, with classes running during the evenings on Monday to Friday, from 6-9 p.m., and either Saturday morning or afternoon.

"You don't have to give up your day job to get a degree," Williams says.

"We have a balance between academic focus and practical application for all our programs."

The U of L offers those looking to get their bachelor of management undergraduate degree with six different majors, including general management, marketing, accounting, finance, human resources, and international management.

For those looking to enrol, but unable to commit to a full degree program right away, the U of L also offers certificate programs that can be transferred into the degree programs later on. This option is unlike most post-secondary certificate programs available in the city.

With training from faculty from around the world, students will learn from experts in their fields. The small classes sizes also



UNIVERSITY OF LETHBRIDGE PHOTO

ensure students receive more individual attention from instructors in order to succeed in their field of study.

For more information about the new campus or the programs available at the Calgary campus, visit uleth.ca/calgary.

University of
Lethbridge



Calgary Campus

DON'T QUIT YOUR DAY JOB.



Tyler Kaluzniak earned a degree without putting her life on hold.

Originally from Brandon, MB, Tyler Kaluzniak (BMgt '05) completed a marketing diploma at Assiniboine Community College and was looking for a post-diploma program that would enable her to earn a degree.

"The U of L Calgary Campus was a perfect fit for me," says Kaluzniak. "I received full credit for my college diploma and was able to continue to work full time and support myself while I went to school."

Kaluzniak's studies at the Calgary Campus also offered a significant boost to her career. After graduating in 2005, she was hired by Qualico, one of the largest privately owned land development and home building companies in Western Canada. She is now the company's marketing and sales coordinator.

"I went straight from university to a professional position. I had all the tools and knowledge needed to move into my new career," says Kaluzniak.

Conveniently located in the heart of downtown, the U of L Calgary Campus offers you the opportunity to earn a management degree in accounting, finance, general management, human resource management and labour relations, international management and marketing.

With flexible course delivery on evenings and weekends, the U of L Calgary Campus makes it easy to take your career to the next level without quitting your day job. Apply today.

> **DISCOVER.ulethbridge.ca /calgary**
Alberta's Destination University. Make it yours.

NURTURE ENTREPRENEURIAL SPIRIT

AT MOUNT ROYAL UNIVERSITY

Mount Royal University student Ian Drake isn't just working towards his bachelor of business administration — he's launching his own company at the same time.

"When I started my minor in innovation and entrepreneurship at Mount Royal, I knew I liked being part of growing things — especially businesses," Drake says. "Then I took a course called the entrepreneurial experience. It introduced us to pitching business venture ideas and, right away, I was hooked.

"I knew this is what I want to do — I want to start my own company."

Drake recently received a \$7,500 award that will help move his business forward, thanks to Mount Royal's JMH Venture LaunchPad program. The program was created through a donation of \$250,000 over five years from JMH&Co., one of Alberta's largest independent chartered accounting firms.



ISTOCKPHOTO/THINKSTOCK

Offered through the university's institute for innovation and entrepreneurship, the LaunchPad program is open to students in every Mount Royal faculty.

LaunchPad offers more than financial support, says Ray DePaul, the institute's

director. "Our goal is to nurture the entrepreneurial spirit," he says, explaining that the program provides students with mentorship and support from entrepreneurs both inside and outside university walls.

Recently, five of those mentors served

as judges at the first LaunchPad Pitch Competition. By the end of the competition, judges had invested in Drake's fledgling business, The Lube Dude Inc., which offers car owners convenient oil changes while they shop at a local mall.

The mentors also invested in business ventures pitched by three other students including Aislinn Grant, a second-year health sciences student. She received a \$7,500 investment towards Aisycakes, her line of all-natural therapeutic bath products.

Dan Gyorffy, a student working towards his bachelor of applied business and entrepreneurship in sport and recreation, received a \$10,000 award to help his company, Cage Recreation, build a prototype of an enclosed turf field for soccer and other sports.

And Stephen Guppy received \$10,000 towards GNS3, an open-source training software company.

For more information about Mount Royal University programs, visit mtroyal.ca. For the admissions and recruitment office, call 1-877-440-5001 toll-free.



Everybody's Discovering
We're Different and Proud of it.

Imagine the
Possibilities.
Invest in
your Future.

Free courses for eligible
students to meet minimum
entrance requirements.

Grant Funding available for
students who qualify.



Private college offering accredited* and licensed programs: Practical Nurse*, Health Care Aide, Dental Assistant*, Criminal Justice, Business Management, and Human Services.

Other Programs: ESL, Upgrading, LINC, and Integrated Training. Alberta Basic Security Training course also available.



802 Manning Road NE
Calgary, AB T2E 7N8

Call now: (403) 235-9300
www.columbia.ab.ca/m

Become a Health Care Aide in less than 5 months!

A great school for a rewarding career!

"I really enjoyed the course I took through ABES. The staff was very supportive and helped in every way they could to help students make the most of their careers. The Care Aide's I worked with in my clinical placements were very helpful and caring to students and residents. I feel the course not only helped me become a good Care Aide, but through the course, I have become a better person."

- ABES HCA Graduate

- 11 Certificate Program Including:
- Government of Alberta Health Care Aide
- St. Johns Ambulance (First Aid, CPR, Automated External Defibrillator)
- Supportive Pathways, Foot Care, Diabetes, Medication Administration, Food Safe, WHIMIS, Palliative Care
- 3 Clinical Placements (Hospital placements available)
- **NEW REDUCED TUITION FEES IN EFFECT**

Call Now **403-232-8758**

Abes
www.abes.ca



ISTOCKPHOTO/THINKSTOCK

ABM IS RIGHT CHOICE

For an adult thinking about going to back to school, ABM is the right choice for you.

No matter the reason for the motivation to head back to the classroom, don't let the stress of worrying about the ability to succeed or family obligations hold you back.

Just taking this first step reduces the anxiety level — it's the first step to take control of your future.

Based on the experience at ABM College, people of all ages and cultures make friends quickly and they remain friends even after graduation.

Furthermore, not only do the dedicated teachers make learning fun, but even the students make it fun by organizing regular pot luck events to instill a sense of community within the students.

After students complete their courses and practicums, the college offers job search seminars and assists in writing winning resumés.

Take action today since no one else can do it for you.

For more about ABM College and the programs it offers, visit abmcollege.com or call 403-719-4300.

STUDENTS MAKE ABES

Successful students are what make Alberta Business and Educational Services (ABES) the school it is today.

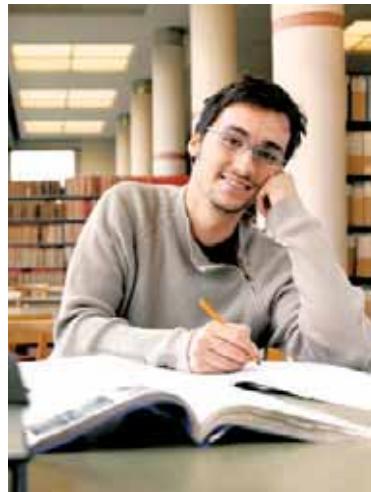
Since the early 1990s, ABES has been training individuals in the areas of health services where there is a high demand for trained employees.

"No one attends a vocational training program to simply 'learn' about the area," says Mitch McCormick, director of ABES. "They take a program to obtain employment in the field."

ABES currently runs the government of Alberta health-care aide program, the medical laboratory assistant program, the medical device reprocessing technician program, and the unit clerk/medical office assistant program.

All programs at ABES are instructor led, instead of paying tuition to teach yourself the content online.

Practicums also play a big part in the success of the students at ABES, where students get hands-on learning in their field of study.



DIGITAL VISION/THINKSTOCK

"While all of our programs have a component of 'book learning,' the emphasis is on hands-on skill development so that the students have the necessary skills, not only the theoretical knowledge to perform in the workplace," McCormick says.

ABES is proud to have partnerships with Alberta Health Services, Calgary Lab Services, the provincial government (human services) and the federal government.

For more information about these programs, visit abes.ca.



May
LEAD
here

Faculty-student interaction — something for which Mount Royal is renowned — can make a powerful difference in the life of a student.

It's no wonder so many Mount Royal students go on to make a difference in the lives of others.

FIND YOUR PATH HERE.

mtroyal.ca



**MOUNT ROYAL
UNIVERSITY**
1910

CONQUER CHALLENGES WITH U OF TORONTO ITLP PROGRAM

If you are an internationally trained lawyer trying to adapt to Canadian legal practice, you face many challenges. The University of Toronto's internationally trained lawyers program (ITLP) can help you overcome them.

The ITLP offers four different programs: NCAR, for those needing help with NCA exams; BEPC, for those needing help with LSUC licensing exams; a comprehensive program, for those who need both academic support and Canadian legal experience; and a career program, for those who can manage their NCA exams, but need help developing their job-searching skills.

The career program made a big difference for Labiba Rukhsana. Born in Bangladesh, Rukhsana completed her legal education in the United Kingdom. She then immigrated to Canada, where she passed her NCA exams but could not find an artic-



UNIVERSITY OF TORONTO PHOTO

ling job. By the time she graduated from the career program, she had one waiting for her.

"The career program provided me a set of tools and resources tailored to my needs," Rukhsana says. "It was a tremendous motivational force. I continue to benefit from it in my current search for an associate position."

ITLP students must be Canadian citizens, permanent residents, or convention refugees, and must have completed a law degree in their home country.

To learn more, and how you can enrol, visit itlp.utoronto.ca.

SAMPLE ST. MARY'S COLLEGE TO HOST MINI OPEN HOUSES

Sometimes all you need is a sample.

This spring, a group of interested high school students will get a chance to "sample" St. Mary's University College through mini open houses specifically designed for these students.

"Our 'mini open houses' are a no-pressure way to visit the campus as a group to see what we're about, what kinds of programs we offer, and the kind of atmosphere we can offer to students," says Darcy Smereka, director of admissions and recruitment at St. Mary's.

"If students aren't sure about post-secondary education or just find it intimidating, we try to keep their visit light and fun to help them decide if St. Mary's is for them."

Smereka says these tours are like a four-hour preview experience for the students, but won't be like the same old tours offered at most institutions.

Students will be encouraged to



ST. MARY'S UNIVERSITY COLLEGE PHOTO

participate in the St. Mary's version of The Amazing Race, where they will race around the campus to find clues while learning about St. Mary's and competing for prizes.

"It's a fun way to learn and get oriented on campus," says Smereka, adding that these tours have been a great way to familiarize students with the campus and help them to feel at home.

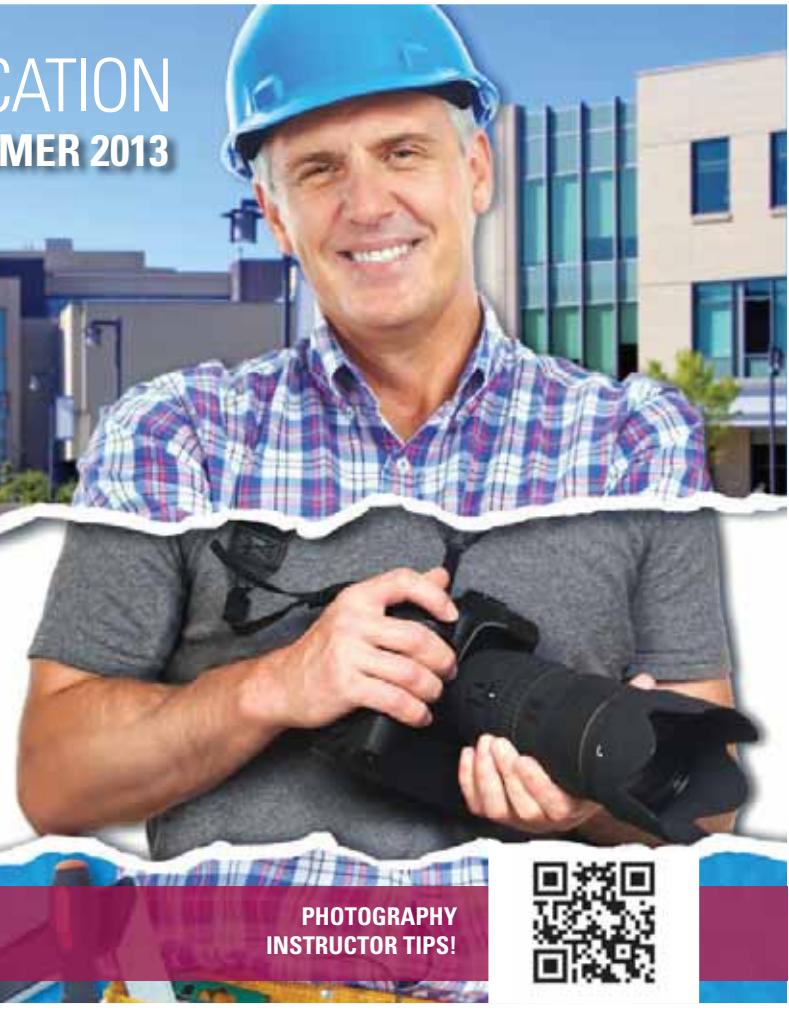
For more information about St. Mary's University College, visit stmu.ca.



CONTINUING EDUCATION SPRING / SUMMER 2013

Reveal a new you

mtroyal.ca/conted



PHOTOGRAPHY
INSTRUCTOR TIPS!



BE PART OF ACCOUNTING HISTORY

UNIFICATION OF BODIES CONTINUES ACROSS CANADA

The accounting world is changing in Canada and you have a unique opportunity to

be part of a new pre-eminent professional designation.

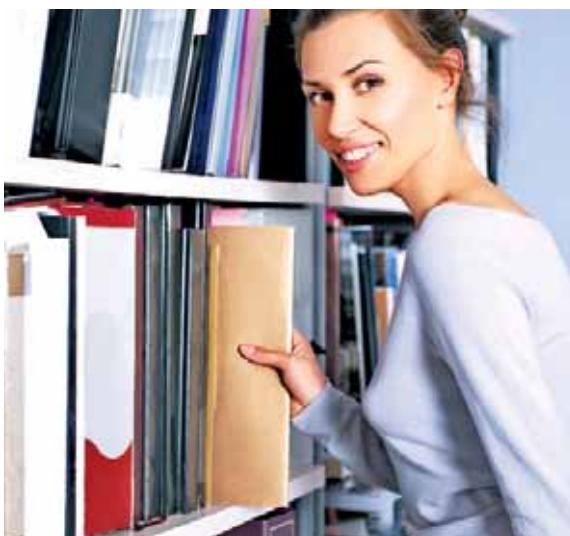
The new CPA Canada professional education program takes the most desirable elements of the traditional accounting designations to create the knowledge and expertise required by business, government and the Canadian public. The new chartered professional accountant

designation will produce the technical and strategic skill set required for a successful career path.

Unification of accounting bodies continues to progress across Canada. In Alberta, the CPA Canada prerequisite education program (CPA PREP) begins in August. It is designed for those who have an undergraduate degree in a discipline

other than accounting and lack some or all of the prerequisite courses required for admission into the new CPA Canada professional education program.

Attend an information session and find out how you can be part of Canadian accounting history. RSVP to yourpath@cma-alberta.com, visit albertaaccountants.org or call 1-877-CMA-2000.



ISTOCKPHOTO/THINKSTOCK

SPRING FORWARD WITH A NEW CAREER AT THE ACADEMY OF LEARNING

With spring comes thoughts of change and rebirth. And for many, that might even mean time for a new career.

“Spring is a time of renewal, and there’s no better time to renew your career aspirations,” says Brady Sylvester, spokesman for Academy of Learning Career College.

At Academy of Learning, there is no need to put your future on hold until September, with most programs starting every week.

“One of the most important aspects of what we do at Academy of Learning is our ability to get people started on their new career training almost any time,” Sylvester says.

“And since all of our career programs are one year or less, you’ll be done by next spring at the latest.”

For some of the shorter programs, you could be fully trained and sending your new resumé out to employers by fall, when others are just starting their programs.

Academy of Learning graduates boast a 97 per cent employment rate in areas for which they were trained.

With its Integrated Learning System, students have the freedom to customize their schedules to fit their lives, whether that is a full-time job, family, or other commitments.

For more information about Academy of Learning and the programs it offers, visit academyoflearning.ab.ca.



DON'T LET ENGLISH GET IN THE WAY.

Give your career unlimited potential with SAIT Polytechnic's English Language Foundations program. SAIT's quality instructors can help you go beyond basic comprehension and remove the language barriers between you and your lifelong career goals.

FULL-TIME LANGUAGE INSTRUCTION
Starting May 6, 2013

Apply Today at SAIT.CA

BUSINESS • TECHNOLOGY • TRADES

FURTHER YOUR PASSION

SAIT
POLYTECHNIC

OPEN YOUR MIND TO NEW CAREERS

CONTINUE YOUR EDUCATION AT MRU

For some, seeing where your career is headed might not be clear at first.

When Carlie Nicol began the yoga therapy program at Mount Royal University, she never could have imagined the direction her career would take her.

"I originally thought I would end up working with athletic teams," says Nicol, yoga therapist and instructor.

Nicol assists with clients who have visual impediments to learning (VIL) with yoga and vision therapies, alongside Dr. Charles Boulet of Diamond Valley Vision Care.

"Children that have VIL due to amblyopia (far-sightedness), for example, can be affected in different ways through their schooling, health and behaviour overall," Nicol says.

Nicol works with the children and their families to create an individual therapy plan over the course of a few months,



ISTOCKPHOTO/THINKSTOCK

both in the clinic and in the patient's homes.

"These tools can be continually used as the child goes through therapy and be-

yond. And in my experience so far, it has helped not just the kids, but the parents, as well, cope, manage and work through this time in their lives."

Nicol says having studied at MRU has opened a number of career doors.

"The instruction was excellent," she says. "I really enjoyed the variety of teachers and programming that they offered during my time there."

"I am doing things I had never thought about before I joined the program, including working with fellow doctors, acupuncturists and Chinese medicine doctors, massage therapists and occupational therapists, to name a few."

Aside from being a yoga teacher, Nicol has also been teaching in the fitness industry for the past five years and has co-owned a small yoga and fitness studio for a few years.

The yoga therapy extension certificate at MRU is a part-time program and is designed for yoga teachers looking to advance their skills. It is two years in length and requires students to take part in a practicum.

Yoga therapists may go on to work in hospitals, wellness centres or in private practice.

For more, visit conted.mtroyal.ca/yoga.

**THEY CAN'T
BUILD IT
UNTIL YOU
DESIGN IT**

WHAT WILL YOU DESIGN
AS A COMPUTER AIDED DRAFTER GRADUATE?

**NOW ACCEPTING
APPLICATIONS FOR SPRING TERM**
Call 1-877-414-0200

DIGITAL School
computer aided design training
#304, 10205-101 STREET, EDMONTON

**ONLINE
PROGRAMS
AVAILABLE**

digitalschool.ca

ABM COLLEGE

**GET JOB READY
FAST!
Enroll Now.**

**Become a
Health Care Aide
in 5 Months**

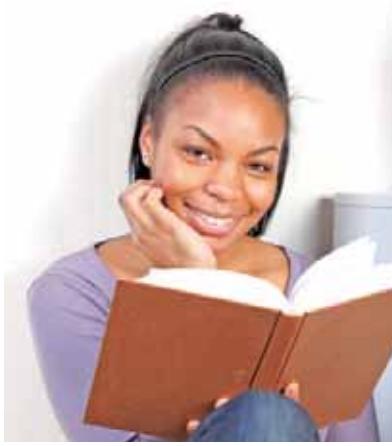
We offer **Alberta Government** approved programs, that lead to a rewarding career

Flexible class schedules:
Mornings, Afternoons, Evenings and Weekends

Funding and employment services available

403.719.4300 | your **FUTURE** starts here...
info@abmcollege.com
www.abmcollege.com

**Health Care Aide • Medical Office Assistant • Massage Therapy
Business Administration • Accounting & Payroll • First Aid & CPR**



ISTOCKPHOTO/THINKSTOCK

PREPARE FOR COLLEGE AT COLUMBIA

Take charge of your learning experience by enrolling in the free college prep course at Columbia College.

When it's time to set foot into the world of post-secondary this fall, walk in confidently, knowing you are as prepared as you can be and ready for success.

"These courses prepare students for success in their program of choice," says Lucy Dooley, manager student services and program chair college prep at Columbia College.

"When students enter their program, their academic skills in reading comprehension, critical thinking, and writing are well-developed so they can move quickly through assignments and focus deeply on gaining the knowledge and skills being taught in their chosen career."

The courses start every five weeks and last from five to 10 weeks and are designed for students who may not have completed required high school courses.

The college prep program assists these students, whether young or mature, in breaking down possible educational barriers that may be coming between them and employment.

"We continue to refine the content of our courses to match the needs of the students for success in their program choice," Dooley says.

For more information about these free college prep courses at Columbia College, visit columbia.ab.ca.

DIGITAL SCHOOL OFFERS LATEST TECHNOLOGY

As technology advances, industry must advance alongside it.

At Digital School, keep up-to-date in the latest advancements in the field of computer-aided design (CAD).

In the last few years, architecture, engineering and construction have been seeing the emergence of building information modelling (BIM) as an approach to life-cycle management.

"At Digital School, we are deeply committed to ensuring our graduates are ready

for any environment they'll encounter, and we see BIM as an increasingly important part of the future of CAD," says Brady Sylvester, assistant manager of Digital School. "It is fast becoming a standard worldwide."

Sylvester says BIM is not a software, but a methodology, one that is about sharing information between different project stakeholders.

"This can include co-workers at a firm to subcontractors from different industries, through the life of the project and beyond,

even to the end of the building's useful life," Sylvester says.

At Digital School, students can study to earn a degree in CAD in less than a year, with skills employers are looking for.

CAD courses include, computer-aided drafter certificate, architectural CAD diploma, and engineering CAD technician diploma with process piping specialization and a part-time online computer-aided drafter program.

For more, visit digitalschool.ca.



ISTOCKPHOTO/THINKSTOCK

YOUR CAREER IN ACCOUNTING

- Payroll Administrator
- Computerized Accounting
- Computerized Payroll Accounting
- and more!

Financial Assistance available to qualified applicants.

**CALL TODAY
START RIGHT AWAY!**



 **Academy
OF LEARNING
CAREER COLLEGE**
www.academyoflearning.ab.ca

Calgary Northeast (403) 569-8973
Calgary South (403) 252-8973
Red Deer (403) 347-6676

 UNIVERSITY OF TORONTO
FACULTY OF LAW



Your time is now!

The Internationally Trained Lawyers Program (ITLP) helps internationally trained lawyers and internationally educated law graduates to become accredited and licensed in Canada.

Upcoming programs include:

- Spring 2013 Bar Exam Prep Course
- Summer 2013 NCA Review Program
- 2013-14 Career Program
- 2013-14 Comprehensive Program

For more information,
please contact us at

www.itlp.utoronto.ca

416.978.6770
itlprogram.law@utoronto.ca

*Online participation available for some sessions.
Contact the ITLP for details.

Funded by:



 **ITLP**
Internationally Trained Lawyers Program

SAIT PROGRAM CAN OPEN DOORS

Although Ramin Asheghan had a successful career in Iran, he felt moving to Canada would provide a better future for his new and growing family.

In 2009, Asheghan, along with his wife and young daughter, packed up his life and made the move.

When he arrived in Canada, he was unsure about how to take his previous skills and language barriers and secure employment in the Canadian job market.

Before Asheghan moved to Canada, he had more than 15 years of experience working as a civil engineer in Iran and more than 11 years of experience teaching. That is when he decided to enrol in the ready to teach program at SAIT.

"This program opened a lot of doors for me," Asheghan says. "It gave me the confidence I needed to work in my field of expertise in Canada."

The ready to teach program is designed for professionals and instruction-skilled newcomers who can provide valuable contribution to Canadian workforce development by sharing their skills and knowledge in the post-secondary education system.



REQUIREMENTS

Entry into the program requires:

- Instructional experienced professionally skilled immigrants with a minimum masters level graduates.
- Demonstrate a CLB Level 7 in all skill areas.
- Have obtained appropriate credentials/experience in the professional or technical field in which they will be teaching.
- Have a willingness, desire and capacity to pursue an instructional career.

the Alberta post-secondary instructional labour force.

Combined with their previous formal training, abilities and past experience, these newcomers can help to facilitate and contribute to the economic, social, and cultural development needs in Canada.

For more information about the ready to teach program or other English language foundations courses, visit sait.ca.

GET A BACHELOR OF ARTS OR EDUCATION DEGREE

stmu.ca/tower

Find out how St. Mary's has been a tower of strength for these students at stmu.ca/tower

14500 Bannister Road SE, Calgary, Alberta (403) 531-9130

THE ACCOUNTING PROFESSION IS CHANGING!

CGA and CMA Alberta are moving forward with unification and new professional education programs are now available. [Attend an information session for details.](#)

April 18, 2013
CMA Alberta Training Centre
300, 1210-8th Street SW, Calgary

12:00 - 1:00 PM or
5:30 - 6:30 PM

Online: May 7, 2013

RSVP: Yourpath@cma-alberta.com
or visit cma-alberta.com

one
A unified accounting profession



Boston Marathon bombing
Fan experience sure to change after explosions

 **CATHAL KELLY**
Special to Metro

In one mad instant, someone has fundamentally changed the nature of sports fandom in North America.

There are greater immediate concerns — for those injured or killed on Monday afternoon at the finish line of the Boston Marathon.

But in the days to come the focus will turn to security and our naked vulnerability when we go to a game.

It doesn't matter who did this, whether it was enemies foreign or domestic.

From now on, the danger we've only approached tentatively since Sept. 11, 2001 — the understanding that North Americans make the most inviting targets when they are gathered in crowds at sporting events — is fully upon us.

This was about symbolism. They targeted one of the few American sporting events that receives worldwide coverage. It happened on Patriots' Day in a city that has a good claim as the birthplace of the nation. The blasts happened about four hours after the start — which is traditionally when the most competitors are crossing the line.

This will be a different sort of tipping point than 9/11. That was a warning — "They're out to get us." This is a reminder — "They still can."

GO TO METRONEWS.CA/
VOICES FOR MORE FROM
CATHAL KELLY ON MON-
DAY'S ATTACK IN BOSTON



Minnesota Wild forward Mikko Koivu shoots the puck past Mark Giordano of the Calgary Flames for a goal at the Saddledome on Monday night.

LARRY MACDOUGAL/THE CANADIAN PRESS

Wild too much for Flames to handle

NHL. Newly acquired Pomiville nets pair of goals for Minnesota

Recently acquired Jason Pominville scored his 13th and 14th goals of the season Monday as the Minnesota Wild snapped a three-game winless skid with a 4-3 victory over the Calgary Flames.

Pominville has four goals in six games since being acquired from Buffalo at the NHL trade deadline in a deal that sent two prospects and two draft picks to the Sabres.

Mikko Koivu and Pierre-Marc Bouchard also scored for Minnesota (23-16-3), which kicked off a three-game road trip that continues Tuesday night in Edmonton.

The win moved the Wild to within three points of the Northwest Division-leading Vancouver Canucks.

Jiri Hudler, Sven Baertschi and Ben Hanowski, playing in his first NHL game, scored for Calgary (16-22-4).

With veterans Alex Tanguay, Matt Stajan and Brian McGrattan all injured, the Flames continue to insert young players into their lineup to give them NHL experi-

On Monday

4

Wild

3

Flames

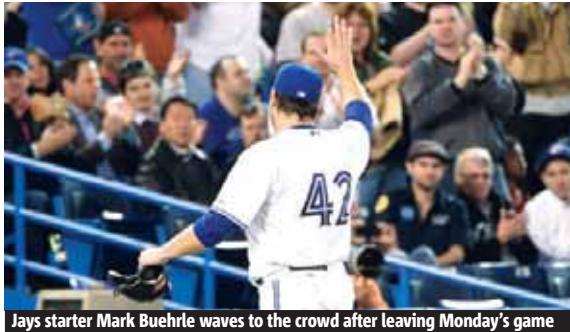
the Flames on Friday after St. Cloud State got knocked out of the NCAA Frozen Four semifinal on Thursday. He arrived in Calgary on Sunday and practised with the team for the first time Monday morning wearing jersey No. 58. The winger was in the starting lineup on a line with Roman Horak and Mike Cammalleri.

Joey MacDonald made his third start in a row with Miikka Kiprusoff still nursing a minor injury sustained in his last start. He had 23 saves to fall to 7-7-1.

Nicklas Backstrom had 20 stops to improve to 21-12-3.

THE CANADIAN PRESS

Buehrle settles down for first win as a Jay



Jays starter Mark Buehrle waves to the crowd after leaving Monday's game against the White Sox in the seventh inning. CARLOS OSORIO/TORSTAR NEWS SERVICE

J.P. Arencibia and Maicer Izturis hit homers and Mark Buehrle worked 6 1/3 innings for his first win as a Blue Jay in Toronto's 4-3 win over the Chicago White Sox on Monday night in Toronto.

Arencibia went deep in the first inning off Chicago starter Gavin Floyd (0-3) and Izturis put the Blue Jays ahead to stay an inning later. Aaron Loup gave up a run in the eighth before Casey Janssen picked up his fourth save to help Toronto (6-7) take the opener of

the four-game series.

Buehrle (1-0), who spent 12 of his first 13 big-league seasons in Chicago, gave up two runs in the opening inning before settling down. He allowed nine hits, two earned runs, two walks and had three strikeouts.

Paul Konerko and Dayan Viciedo had RBI singles for the White Sox (5-8) in the first but Toronto used its speed and power to pull even in the bottom half of the frame.

THE CANADIAN PRESS

No surgery for Reyes

Blue Jays shortstop Jose Reyes won't need surgery on his sprained left ankle, but is still expected to miss three months, general manager Alex Anthopoulos said.

- Anthopoulos said Reyes will be in a cast for two weeks and then in a walking boot for an additional two weeks.

4 SPORTS

Ready and rested

Roller-coaster season.

Host Blades will have 51-day break before tournament starts

EDWARD
FRASER
For Metro

The Western Hockey League's Saskatoon Blades, who will host the Memorial Cup May 17-26, entered this season believing they had a team that would fit nicely among the champions from each of the Canadian Hockey League's three circuits — the Western, Ontario and Quebec leagues — that make up junior hockey's showcase event.

But a roller-coaster season, one that featured an 18-game winning streak from late January to early March, finished with the Blades upset in Round 1 of the WHL playoffs, swept by the Medicine Hat Tigers, a team that finished 19 points behind them in the regular season.

"I've been coaching for more than 20 years now and I've never been through a season like this," said coach/GM Lorne Molleken, who became the second coach to win 600 career WHL games this season.

As a result of the early exit, Saskatoon was saddled with a 51-day break before the start of the Memorial Cup, where it will attempt to become the ninth team to win the tournament as host since the format changed to include a fourth team in 1983.

The Blades don't have to look far for a blueprint. In last season's tournament, the Shawinigan Cataractes took home the title on home ice after losing in the second round of the Quebec Major Junior Hockey League playoffs, topping the heavily favoured Ontario Hockey League champion London Knights.

A "training camp atmosphere" will welcome the Blades back in mid-April fol-

lowing a break. Molleken's plan to prepare his troops includes bringing in pro players to practise to increase the level of competition, specifically on special teams.

"What's happened in the past is over, it's done with," Molleken said. "Our focus now shifts to the Memorial Cup."

This will be the second time Saskatoon has hosted the event, which began in 1919. In 1989, the Blades lost in the final to Swift Current. Another Saskatoon team battled for the cup in 1936, when the Wesleys of the North Saskatchewan Junior League were beaten by the West Toronto Nationals in a best-of-three series.

Will the third time be a charm?

"When we're playing our best hockey I believe we can compete with anyone and have success," Molleken said.

"To win a championship would be unbelievable for our fans and for the city."



Veteran bench boss Lorne Molleken is tasked with getting the host Saskatoon Blades prepared for the Memorial Cup after a long break. STEVE HISCOCK/THE SASKATOON BLADES HOCKEY CLUB

SEE MORE OF CANADA FOR LESS.

Use MasterCard® to book travel with VIA Rail® and save 15% off the best available fare*.

You can also enter to win an all expenses paid trip for you and five friends on the MasterCard Memorial Cup Express. The destination? The 2013 MasterCard Memorial Cup Final weekend in Saskatoon. Book now at viarail.ca/mastercard

©/™ MasterCard and the MasterCard Brand Mark are registered trademarks of MasterCard International Incorporated. ©2013 MasterCard International Incorporated. *Buy a VIA Rail Canada ticket by May 3, 2013 inclusively, and get an additional 15% off in all classes of services except Escape fare by using promo code 12573. Valid for travel anywhere in Canada in Economy class, Business class, Sleeper or Sleeper Plus class fares (except Escape fares). Valid for travel between May 1 to June 30, 2013. Tickets must be purchased between April 4, 2013 and May 3, 2013 inclusively. Tickets are subject to the conditions and restrictions of the fare plan to which the additional 15% discount is applied. Cannot be combined with group or chartered car fares, tickets issued by tour operators, railway employee passes, or any other discount which requires a discount code. Minimum fares and other conditions may apply. Offer subject to change without notice. Valid for bookings online at viarail.ca only. No purchase necessary. Contest begins on Friday, April 12, 2013 at 9:00:01 a.m. Eastern Time ("ET") and closes at 11:59:59 p.m. ET on Friday, May 3, 2013. Contest open to residents of Canada, age of majority or older. One (1) Grand Prize available to be won, consisting of a trip for six (6) to Saskatoon, SK to attend the MasterCard Memorial Cup Championship Finals Weekend. Grand Prize has a retail value of \$25,000 CDN. Odds of winning a prize depend on the number of valid entries received. Potential winner must correctly answer a mathematical skill-testing question. To enter for the Grand Prize draw, entrants must "Like" the official MasterCard Canada Facebook page, click on the "Memorial Cup Express Contest" tab and complete the contest entry page, then select up to five (5) friends to "share" the contest with and receive one (1) Bonus Entry for each friend who enters. Limit of six (6) entries per person into the Grand Prize draw. For full contest rules visit <http://www.mastercard.ca/ads-and-offers/memorialcup.html>

Horoscopes

Aries

March 21 - April 20

What looks confusing today will look simple tomorrow, so don't get frustrated that you don't seem to be making much progress. Everything is moving along at exactly the speed it needs to move, so relax.

Taurus

April 21 - May 21

It would appear that you are torn between two extremes and unable to decide in which direction to move next. Why not just wait it out?

Gemini

May 22 - June 21

There is a pattern to the events now taking place and if you keep your eyes and ears open today, you should be able to work out what it is. Once you've done that, you'll have a huge advantage over rivals.

Cancer

June 22 - July 23

You may be hugely interested in what a friend is suggesting you do together but pretend you are not that into it. Let them persuade you it's a good idea. Play hard to get.

Leo

July 24 - Aug. 23

You may not want to hurt someone's feelings by revealing damaging information, but you have no choice. If you don't clue them in, they will find out and blame you for keeping it from them.

Virgo

Aug. 24 - Sept. 23

Some people enjoy being victims and one such person will pull out all the stops to make you feel bad for them. Be a Good Samaritan but give your help only where it is genuinely needed.

Libra

Sept. 24 - Oct. 23

You may not want to admit that you made a mistake but it's for the best. Only when you have owned up to some sort of transgression will you get the chance to move on.

Scorpio

Oct. 24 - Nov. 22

Ignore any differences of opinion you may have with a work colleague. It's quite easy to avoid issues that could start an argument. There are plenty of things you agree about.

Sagittarius

Nov. 23 - Dec. 21

You may have opinions about something but are advised not to shout them, at least not in the hearing of people who might take offence. Self-preservation is more important than having your say.

Capricorn

Dec. 22 - Jan. 20

It seems you have made a stand on a point of principle and now there can be no backing out. This is one of those situations when you must go all the way. Others will rally to your cause too.

Aquarius

Jan. 21 - Feb. 19

This is going to be a busy day for you, so don't waste time and energy on issues, or on people, that don't move you closer to your long-term goal. Work smarter, not harder.

Pisces

Feb. 20 - March 20

Try not to make it too obvious what you are up to today. If you act a little bit reserved, others will see you in a more serious light. Whether or not that's justified is another matter. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Mil. installation, as Petawawa or Trenton
4. TV classic, "Green ___"

9. Grand event
13. 'Fed' finishers (Stylish hats)

15. Norse goddess of love
16. " ___ can you..." (American anthem opener)

17. Advanced math course, for short
18. Acting jobs
19. Puerto ___

20. ___ and terminer
21. ___-inspiring
22. Like many

treasures
24. Sportswear company
27. Gives food to

28. X-___
30. Use profanities

32. Around, in dates
33. British funny character, Mr. ___

34. Canadian

country singer Mr.

Brownlee

38. Married-to-each-other Canadian actor/comedians, Colin ___ and...

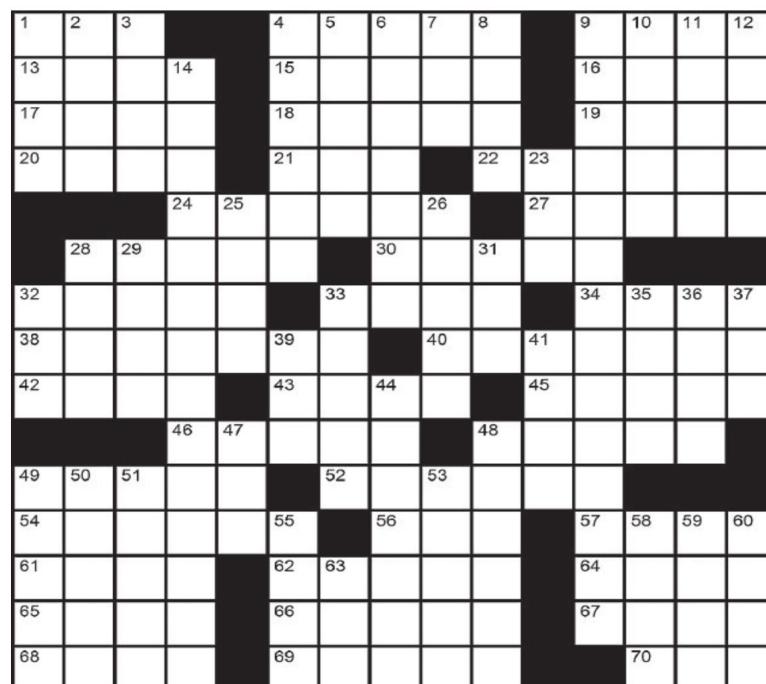
40. ...Cont. from

#38-Across, Debra ___

42. "Let's leave ___ that."

43. Movie snippet

45. Moves, molasses-style



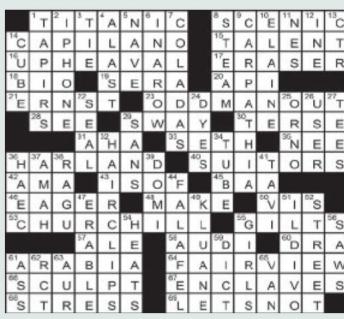
46. Polls/surveys conductor, ___ Reid
48. Models
49. "Melrose ___"
50. ...Cont. from #38-Across, Debra ___
52. Harbour structures
54. Give heed
56. River: Spanish
57. Auto race, ___ 500
61. Singer/songwriter, India, ___
62. Borders on

64. Filmmaker Ms. Ephron
65. ___-covered, as unprotected iron
66. 'D' in SYTYCD
67. Chew
68. Use a ruler, for short
69. Ancient looped-crosses of Egypt
70. Carpentry tool

Down
1. Fashion icon Ms. Chanel
2. Skirmish
3. Hay bundle
4. Scared
5. Bunch of people
6. Let go
7. Third ___ Blind (Rock band)
8. Belt alternative

9. Spanning the Detroit River, the Ambassador in Windsor is not just a bridge, it's also a what?: 2 wds.
10. Actor's line spoken to the audience
11. Like many running shoes
12. City in France [var.]

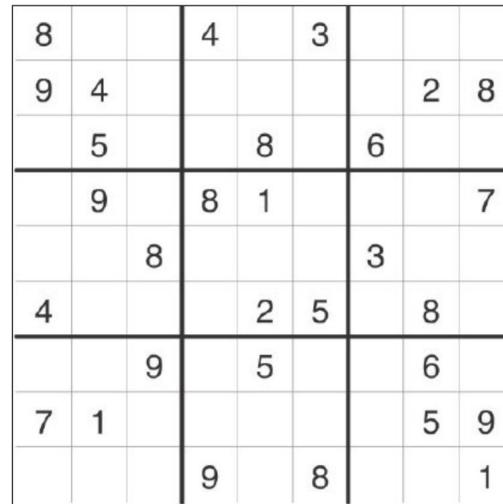
Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 0°
MIN: -6°

MAX: 2°
MIN: -10°

MAX: 6°
MIN: -2°



ANDREW SCHULTZ
METEOROLOGIST

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM



Come for
the birdies.

Golf. Greenspace. Chaparral Valley.
STARTING FROM THE
\$390s

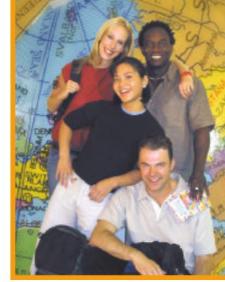
VISIT OUR SALES CENTRE

69 Chaparral Valley Square SE
403.201.5754

CARDEL
HOMES

Built for real life.
CARDELHOMES.COM

Visit our sales centre.
69 Chaparral Valley Square SE • 403.201.5754



Adventure!
Teach English Overseas

> TESOL Certified in 5 Days

> In-Class or Online

> No Degree Required!

1.888.270.2941

Job Guaranteed!

Next in-class course: June 19th - 23rd, 2013

Next Seminar: May 21st, 2013 @ 7pm

Travelodge Hotel - 2227 Banff Trail NW

www.globaltesol.com



THERE'S A REAL ADVANTAGE TO **CHOOSING ROGERS.**



CHANGE YOUR PLAN FOR FREE

Adjust your smartphone plan at any time, as often as you need, for free.¹

UPGRADE ANYTIME

Get the latest smartphone, anytime, when you pay off your remaining balance.²

ROGERS TECHXPERT™

Get access to your own personal support expert whenever you need technical help. Available 24/7 online or by phone.³

DEVICE PROTECTION

Solutions if your device malfunctions or is lost, stolen or damaged. Available with Anti-Theft and Anti-Virus.⁴

GET IT ON CANADA'S FASTEST WIRELESS INTERNET – ROGERS 

CALL 1 888 ROGERS1 | CLICK rogers.com/freedomadvantage | VISIT your local Rogers retail store



Offer available for a limited time and subject to change without notice. *Based on tests comparing download speeds on the Rogers LTE network vs. Bell and Telus' LTE networks within Rogers LTE coverage area. LTE device, LTE SIM and plan required. Actual experienced speeds may vary based on device, topography and environmental conditions, network congestion and other factors. Rogers LTE network available in select Canadian cities. Visit rogers.com/LTE for coverage. 1 If customer purchased a discounted device based on satisfying plan eligibility criteria, customer must switch to a plan that maintains such eligibility to switch at no charge. 2 FLEXtab customers must pay remaining FLEXtab balance corresponding to the sum of the Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. For non-FLEXtab customers, please call or visit your Rogers store for your applicable remaining balance. A \$35 Hardware Upgrade Administration Fee will also apply. 3 Monthly \$7.99 fee applies (unless included in selected DP plan). Services only provided for the wireless device attributable to telephone number for which it was subscribed. Some exclusions apply (e.g. hardware/software training; product repair/replacement etc.); visit rogers.com/terms for details. 4 Lost/stolen coverage not available in NL, SK & PQ. Anti-theft/anti-virus tools on select devices only. Monthly service fee applies (varies based on device/plan selected). Service replacement fee (varies based on device) applies for claims. Other conditions apply. Visit rogers.com/protection or see brochure in store for details. Visit rogers.com/phonefinder for phone finder details. © 2013 Rogers Communications.